

DOLPHIN LOG

Collection, Year 2010

**The Bulletin of the
Dolphin Swimming & Boating Club
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club
502 Jefferson Street
San Francisco, CA 94109**

SPRING 2010

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

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Sunny McKee, *Graphic Designer*

Susan Cobb-Frederick, *Proofreader*

Lolly Lewis, *Swim Stats*

Contributing Historian

Walter Schneebeil

Published By

The Dolphin Swimming
& Boating Club

502 Jefferson Street

San Francisco, CA 94109

www.dolphinclub.org

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Cover Photo: Allison Wagner

Printing

Techni-Graphics Inc., SF

Prepress

Royce Color, SF

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Polar Bear Towers



Photo by Sunny McKee

A small celebration at the beginning of the Polar Bear swim included appearances by Vince Huang with a stack of awards representing 31 consecutive years of Polar Bears, and Tom Hofman with 30 (including this winter). Vince's stack stands 26.5 inches tall and weighs approximately 30lbs. He hoped from day one that he would collect enough of these blocks to redo his bathroom floor in white marble. He's still about 100 blocks short. Vince and Tom were the swim commissioners who were responsible for increasing the number of miles required for the Polar Bear. Under their leadership it went from 30 miles to the current 40. Thanks guys!



ROSALIND LIKED TO HOLD HOLLIS'S DRINK WHEN THE SEA GOT TO BE TOO ROUGH.

Beyond the Cove

As members of the Dolphin Club we are unique people for what we do in the Bay. Whether we are piloting, swimming, or preparing food in the galley for swims, we are always individually looking after each other safety and well being.

I have learned the interest and care we, as Dolphins, share for each other, extend beyond our events in the cove and in the Bay and develop into a compassionate social network. Recently, I received an autologous bone marrow transplant for multiple myeloma (bone marrow cancer) at UCSF. While in the hospital I received numerous unexpected and most welcome cards, letters, and visits from Dolphin members.

I'd like to thank all the folks who sent their well wishes my way. I cannot express enough how your thoughtfulness and kind gestures contributed to my mental and physical well-being and recovery from treatment. I still have a way to go before I can get back in the Bay but I hope to see all of you soon and thank you personally at the club.

Greg Hicks

Full Moon Swims

A bunch of women were sitting around the sauna one evening last year rhapsodizing on the experience of night swimming, especially under the moon. I had never swum at night; in fact, up until five years ago I had never swum at all. So, feeling I needed a bit of company, I picked a weekend date closest to the next full moon and sent out an email. A dozen people showed up. Since then, we've had a gathering every month, and the numbers are growing. Of course, as it's a full moon, the currents are quite strong. Everyone picks their own route and Janice McCall added glowsticks, accessories for safety and pizzazz. Still, we do count heads afterwards over the potluck dinner.

Medhuri Yechuri

Ocean Film Festival

The San Francisco Ocean Film Festival, founded by Club member Krist Jake, held its 7th annual screening from February 3 to 7 at its new venue, the Aquarium of the Bay. The selection committee, led by Keith Howell and Sid Hollister (two more Club members), chose 51 films, two of which were of special local interest. "The Comfort of Cold" featured member Joe Illick as swimmer and artist. "From the Badlands to Alcatraz," created by South Ender Nancy Iverson, focused on five Lakota Sioux youth who traveled from South Dakota to San Francisco to take on the iconic, especially for Native Americans, water journey from the Rock to the beach. Winner for best Conservation film went to subsequent Oscar winner "The Cove", which played to a full house. Director Louie Psihoyos and Ric O'Baryy, the film's star and primary motivator, were both in the audience.

Bring out yer iron! New lockers: New Stoves



Celebrating the new stoves

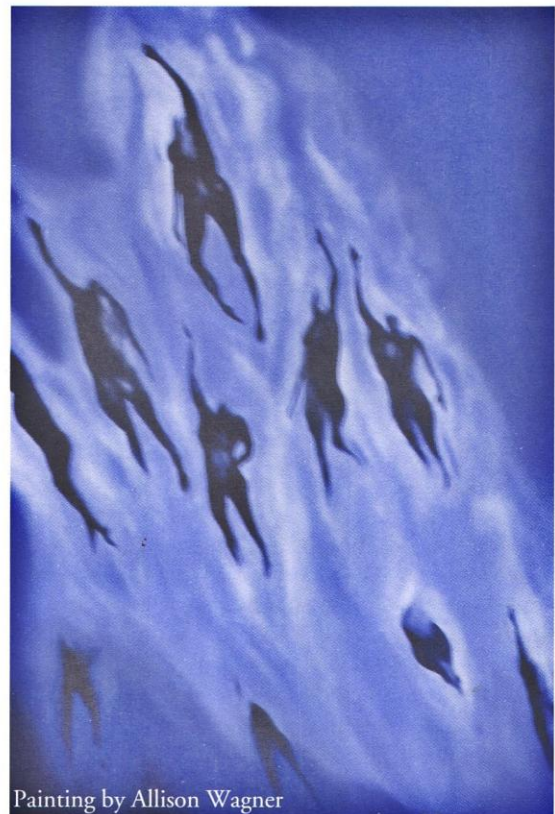
A few years back, the swim commission invented a new trophy, the Ladies' Cup, in honor of those swimmers who amassed the most top finishes in swims during a calendar year. It is a pleasure to announce the "Ladies' Cup of Donations," made by an anonymous Dolphin who wanted to improve the women's locker room. The Building Committee and Board, recognizing this profound generosity as a marvelous opportunity to replace all the rusting metal lockers, jumped at the chance to collaborate with the members and plans were immediately set in motion to do just that. At the time this is being written, a contractor has been enlisted and all women members have been notified that over three hundred brand new lockers will arrive at the end of April.

The scope of the generosity of this gift has been well matched by the efficiency and collaborative spirit with which various Dolphins have worked. It is with such spirit that your phellow 'phins worked on getting new stoves. In order to meet code, we had to downgrade our beloved commercial grease-bellies to residential grade stoves.

Margaret Keenan led the charge in researching, testing, coordinating and purchasing the new stoves in addition to getting our old ones sold off. Not only that, but since we were clearing out the ranges, she also thought it a great opportunity to give the galley an overhaul. Members cleaned it up, Jesse Mitchell painted it all and voila! a brand new galley. Also noteworthy was Peter van der Sterre's miraculous ideas for getting the old stoves out. Please ask him about it as no description will do it justice. We should all be grateful for the many members who made this possible. You can do your part by being great stewards everyday, by preserving these new lockers and stoves, and seeing your club through its fourteenth decade in San Francisco.

Tom Keller

Dolphin Art



The second holiday exhibit of photographs, paintings, drawings, prints, and ceramic work by Dolphins was held at Sweetie's Art Bar in North Beach from December 10 to 20, 2009. Participating were Susan Anson, Colin Gift, Brian Herrick, Keith Howell, Joe Illick, Barbara Keller, Susan Lauritzen, Ian MacLean, Kent Meyers, Lorna Newlin, Mimi Osborne, Shane Powers, Meg Reilly, Polly Rose, and Allison Wagner, whose painting graces the cover of this Log. John Perino put the exhibition together, and Flicka McGurrin provided the space, both at Sweetie's and at Pier 23, where most of the artists showed their work again a month later.

Fred Astaire partners with Esther Williams

Swimming in the Dark

by Tom McGraw

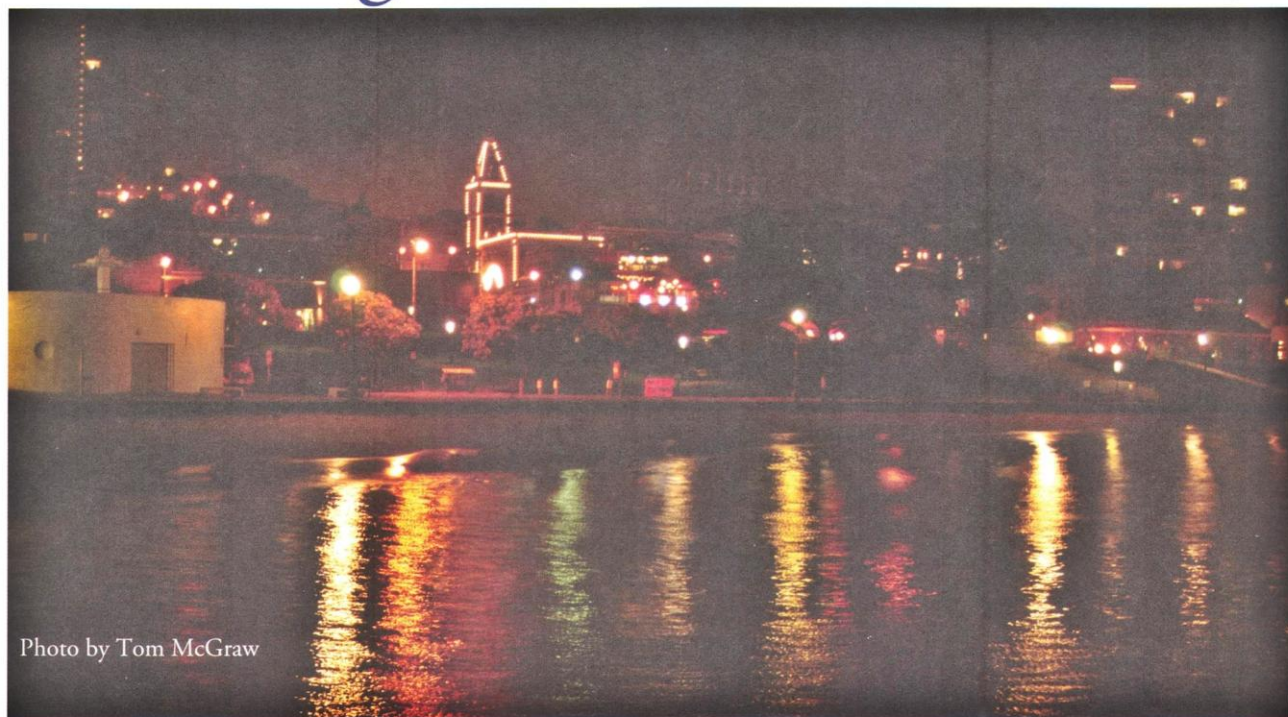


Photo by Tom McGraw

Now I prefer it, but it wasn't always so. John Dugan and I first swam in Aquatic Park in 1982 training for the nascent Tahoe Tin Man triathlon. Going into the Bay to swim for the first time was fraught with concerns and fears! The water was cold, goggles were not what they are today and because water visibility was limited, you couldn't see more than a foot or two in front of you. Down by the flag, I pointed out a couple of Doberman pinchers pretty close to us. I thought that was pretty cool, but I didn't know Dobermans were water dogs. Well, in this case they weren't; their whiskers gave them away. We took off our leaky, steamy goggles and made the fastest flail to the beach we could.

Shortly after our success at the Tin Man (half mile swim, 20 mile bike ride and 10K run) and intoxicated with our ability to handle cold water, we joined the Club. We had finally arrived, joining a legendary Club with a relatively exclusive group of people.

During the first year, our time in the sauna was graced with the embellished tales told of legendary feats and accomplishments and near-death experiences. Strong tides and winds, unpredictable currents, sub-50 degree water temperatures, disorienting swells and chop, and hypothermia, and that was just on the surface. But at least we could see what was above the water, and that provided some solace. Man, can you imagine those wack jobs that swim in the dark! They've got to be nuts.

But that was before the Dugan McGraw, St. Patrick's Day Sports Festival, started in 1983. The Sports Festival was an alternative to pounding pints all day. Lou wasn't thrilled with the idea of getting up at 3:45 am to let in a group of 20 or so Irishmen and interlopers, but at least at that time of the morning we were still sober. We decided to swim to the flag and back and wound up swimming as a pod, separated only by the width of our Speedos, frequently on top of one another attempting to avoid being the person on the bottom of the scrum. So okay, once a year we could handle, as long as we swam as a contorted conga line.

Fast forward to 2001, two years after having moved to Marin, when I took a conventional job in South San Francisco. If I was going to continue swimming, I was going to have to either swim before or after work. After work was tough, getting home late to my wife and daughters, so the morning was the best fit, but it was black outside and in the water. "Saints, Preserve Us!", as my Irish grandmother would say. John, to his credit, really didn't have to join me, but said he would, and of course the stalwarts of the early am, Steve North, Vince Huang, Jon Nakamura and Tom Hofmann had already been swimming for years in the dark. The first month was really tough, not being able to see much and thinking every piece of seaweed I ran into was the long tentacle of a giant octopus ready to pull me down for a gamey breakfast.

As time went by, we got more and more comfortable, and Vince, Jon, and Tom's early morning group was

AN ENCOUNTER

Inching across the sand toward the South End pier, a wooden structure of beams and cross bars with tree trunk pilings, muttering my "Trudge of Doom" mantra:

The trudge of doom leads but to the holy plunge.

Dark, foggy, windless, water black and smooth.

Wading in. Then the icy plunge. The trudge of doom leads but to the holy plunge. Sharp, stabbing pain. The strokes, though, rhythmical, like the pulsing of the fuselage lights on an airliner dropping out of the sky and crashing into the sea, Blink, blink, blink, stroke, stroke, stroke. The cold pain almost, but not quite, unbearable. Overhand strokes, steady. slow, blink, blink, blink, strokesplash, strokesplash, strokesplash. Thoughts now other than pain seep into my consciousness. Markers? Where are the markers? Round bell buoy, can next to Eppelton Hall bow chains, stern of *Balclutha*.

Ah, the numbing up. Ecstasy! Cement piers of the breakwater, the "no-boating" sign, green light at the end of Daisy's dock. Tread water, turn around, lights of Alcatraz. Side-stroke back to shore.

But what's this? A presence. . . perhaps just a ripple, something, someone, in the dark? And then the bump, a slippery bump into my side, just above and to the left of my groin. Panicky fear at the opening far from the piers.

Now the strokesplashes twirl like windmills, but only for a moment. Spurt of energy spent like a tire gone flat. Again, a bump. Oh, Christ!! But then "after great pain a formal feeling comes;" a certain calmness, maybe resignation -- the end is near? The end is here? Slip, flip again into the sidestroke, faster for me than the crawl, but still, oh so slow. The right arm pull. Stronger than the left, tight scissors kick. Steady stokes, stroke steadily, keep eyes tightly closed, five six strokes then blink, look ahead, I can see the lights in the Staib room -- I might make it. But then again a nudge, a nudge in the thigh. Cold dark fear. Oh please right arm and left arm too. Propel me to the beach, dear ones! The bow of the *Balclutha* slips by on the left, then the *Eppleton Hall*. Is that the *Thayer*? A reprieve, dear God. A coming home. Tom and Charlie, Lee and Vince and Jerry, too, sweating in the sauna awaiting my report. Sand under foot. Toes digging into the beach. I'm coming boys, I'm coming though my head is hanging low. Stumbling into the crowded sauna.

"Well?"

"Well, what?"

"How was it?"

"How was what?"

"Your swim!"

"You have no idea."

Steve North

growing. While they were much too fast for us, it was comforting knowing that if we screamed, someone would hear.

Slowly, I began to recognize the real beauty of Aquatic Park in the dark. Lights along the promenade that passes the grandstands, from the homes and apartments that stretch up to Lombard Street, the illuminated Ghirardelli sign,

lights on Muni Pier and on the *Balclutha* and the *Thayer* birthed along Hyde Street Pier. Light shining from the little shacks on the pier itself and emerging, one by one, from the rooms of the earliest risers in the Fontana Towers. Even the lights on the Golden Gate Bridge often break through the fog. You can identify where you want to set

your course and swim toward the designated light, with the other ambient light providing subtle reassurance. I occasionally finish my circuit by going around the backside of the *Thayer* and watching the first rays of light coming between the pilings.

On clear mornings, when the water is smooth as glass, as you roll to take a breath you can see the Big Dipper and her companions. And on those rare mornings, as the full moon setting over the Golden Gate and the Marin headlands shines off the sea beside



Photo by Tom McGraw

Early morning swimmers - Vincent Huang, Tom Hofmann, Jason Prodoehl, Jon Nakamura, Kevin Haugh, Lolly Lewis, Ted Tilles, Nobu Takahashi and Rebecca Tilley

you, you know you are witness to a very special time of unique beauty. Without all the distractions of daylight and the heightened activity in and around Aquatic

Park once light breaks, I am free to concentrate on whatever comes to mind. Even in the days of winter, filled with storms, chop and wind, it is a special time to be in the water. While others are still warm, dreaming in their beds, here we are in reality, gliding through this lovely water as another day begins.

On real foggy nights, just making it from buoy to buoy can be a real challenge, but now many of us wear water-resistant lights on our caps, which help us avoid (most) head on collisions. Although coming back from the flag on my second trip, I have to be aware of the Huang Gang. I feel a little like a punt returner in football. Here comes this mass of swimmers gunning to tackle me. Oh, and I have met the feared creatures of the deep. Curious seals have toyed with me multiple times, and though the first few contacts were unnerving, I now find myself laughing at these rascals as they pop their heads up to see what they have bumped into. I sense disappointment in their eyes when they see a flabby 58 year old. "What fun is this guy? Let's go jack somebody else up!"

So, yes I do find that now I prefer to swim in the dark each winter no matter the conditions. What started as a time chosen by necessity has become a time of choice. During the rest of the year when it gets light earlier, the water temperature rises as well, so there is some redeeming value. See you at 5:30 am. It really is a special time.

I am sometimes asked how come I typically swim the buoy line, back and forth year after year. About six months after I first joined the club, Frank Drumm and Joe Bruno pulled me aside and said they had a "special assignment" for me. There were also others who they had "chosen," but all of us have worked in anonymity throughout the years, so I guess I am breaking the silence now. Frank and Joe swam that same course in their later years; they said they did it to keep San Francisco safe from any potential enemy, foreign or domestic, who might attempt an invasion at Aquatic Park. They asked me to carry on the tradition, so I go back and forth in the wake of Longfellow's Paul Revere. "Two if by sea," he said and I am ready to alert the Dolphin beacon. Rest assured that I am keeping an eye on the City where I was born. It's an honor and a privilege!

T. McGraw

BLACK POINT

The last vestige of San Francisco's shoreline

by John Horner



Albert Bierstadt painting of Black Point

Just beyond the Farnsworth Gap, where the fainthearted and the dutiful rarely venture, lies Black Point. This wild rocky bluff is the only remnant of the original San Francisco shore within the Golden Gate. Club swimmers that begin west of Aquatic Park give right-breathing swimmers like me a glimpse of this enchanted, ancient coastline.

For thousands of years the Yelamu tribe of the native Ohlone lived and collected shellfish along this stretch of the Bay. The closest Yelamu village, Petlunuc, was located in the Presidio but a number of Native American middens have been found at Fort Mason. In 1797 the occupying Spanish built Bateria San Jose above these strategic cliffs. After the Spanish left in 1821, Mexico briefly occupied the spot until 1846, when the United States took possession. President Millard Fillmore established a military reservation at Point San Jose in 1850 (renamed Fort Mason in 1882). During the Civil War the Union built Black Point battery to protect the Bay entrance from Confederate attack (how likely was that?), and Fort Mason remained a headquarters for the United States Army until the early 1970s, when it was turned over to the National Park Service (today it is part of the Golden Gate National Recreation Area).

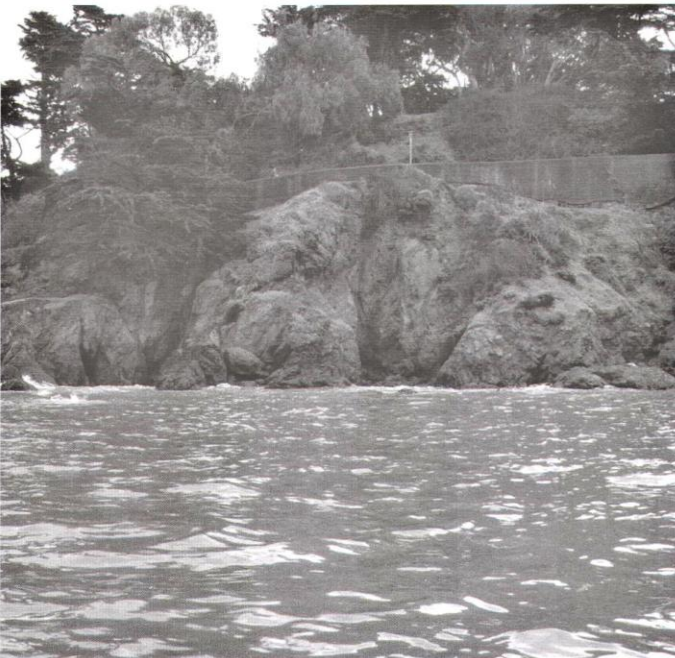
Like the Presidio and the Marin Headlands, the alleged strategic military value of Black Point secured it



Ken Coren rows to Black Point

from developers. But the area around it was not saved from commercial fill; Black Point Cove once extended from Fort Mason to the intersection of Bay and Leavenworth Streets. Aquatic Park was created in 1933.

Black Point was named for the black locust trees that once covered its slope. None are left today (although there is a good stand on 22nd St. near Bartlett). The



Black Point

plants that cover the steep cliff today are both invasive and native. Monterey cypress is the largest. There are some scrubby Toyon that could be original. Some of the natives I found during a recent scramble included poison oak, hen and chicks, wild cucumber, fern, yarrow, Douglas iris, poison hemlock, lizard tail, beach daisy, coyote bush, lupine, tarweed, wild radish, and California poppy. The dramatic rocks are greywacke sandstone, part of the Franciscan formation that emerged from an oceanic uplift millions of years ago.

I recently convinced our president Ken Coren to row me out through the opening and over to Black Point, where I jumped in the water. Though I remained in proximity to the concrete, pilings, signs, and ships that compose the usual Aquatic Park vista, the rocky shoreline



The author lands on Black Point

and vibrant green vegetation clinging to the cliffs, transported me to another place, another time. As I swam past the sea caves and sea stacks my knees bumped submerged, seaweed-covered rocks. The tide was too low to try to return to the club through the infamous Farnsworth Gap, so I clambered out of the water onto the rocks below the Fort Mason firehouse and hitched a ride back. Too bad this tiny section of San Francisco Bay shore is so difficult to access.

2010 Life M
Old Timers
February 1



Photo by John Perino

Just as in politics, those with extrem

Members
Luncheon
4, 2010



the positions, left or right, get left out.

Halfway Around Manhattan

by Suzie Dods

Manhattan, NYC, The Big Apple: all terms that invoke excitement. And then there's MIMS --Manhattan Island Marathon Swim—for many the third leg of the Triple Crown of swimming: the English Channel, the Catalina Channel and MIMS.

Several South Enders had done MIMS as solos and as relays, and two were even on the selection committee. I figured I could at least bribe my way in. Applicants have to complete at least one four-hour swim in water no more than 61 degrees, and write an essay. You are encouraged to be swimming for a charity and rumor has it that the Hudson Riverkeeper is looked on favorably. Only 25 can be accepted and the faster you get the application in, the better your chances.

legends including Penny Palfrey, John Van Wisse and Mike Renford (son of Des Renford, a former King of the Channel), all winners of many long distance swims. Among all these fabulous fast and famous swimmers, I started hyperventilating. What am I doing here? I had to get up, leave and call a friend to talk me down.

The day arrives. June 6. Check in was 5.30 am for a 7 am start. Then, at seven the race officials say "20 minute delay," but don't explain why. After stripping off the warm sweats and coating ourselves in sunscreen and grease, we struggle back into our clothes to keep warm. Finally we line up in alphabetical order and jump, one-by-one into South Cove off Battery Park. A few more minutes and we're off.

I swam as hard as I could, knowing I had to get around Battery Park. Wow, that water was moving. I swam under the Brooklyn Bridge! This was especially fun as I had walked across it a couple of days earlier. I felt I was making good headway. The water was a warmish 68 degrees and surprisingly clean. I was feeding every 45 minutes and my



Photo from NYC Swim

Swimmer leaping into waters at the beginning of the swim

After wrangling with the application process, signing in at the appointed time (which kept changing), and shelling out \$1475, I was accepted. I figured that would be the hardest part. I am not a techie and their website is the work of Voldemort.

I set about getting back in shape, sorting out my stroke and trying some long swims again. It all seemed to be falling into place. In the back of my mind I knew speed was going to be an issue but I felt okay about it. Not great, but okay. I read as much as I could on the course, studied the time requirements, which vary each year depending on the tides, and talked to everyone that I could find that had done the swim. After I arrived in NYC I did a little sightseeing and took the Circle Line tour around the island. Maybe that was not such a good idea. It seemed like a long way.

The day before the event there is a pre-race meeting where everyone introduces themselves and promotes their particular charity or tells why they are swimming the race. I found myself in the same room as swimming

feeds were fast, about 15 seconds, a skill I learned while training for the Channel. I felt good. I asked my crew person how I was doing and she said fine. I was not quite speeding along faster than the runners on the sidewalks but I was certainly moving, and I could see a few people behind me so I felt better. Suddenly, I am told to swim much closer to the shore. I feel the water hitting me and swirling. I hit a rock and say a few expletives. Then Bam! A kayaker comes up to me and says I have to get out. For whatever reason, I think that everyone has to get out so I am compliant. I get to the side of my assigned boat and hear the kayaker asking my crew to call in and tell them that I should not get out. It dawned on me that I am being PULLED!! I feel a rush of adrenaline and push off the boat and sprint as hard as I can ... go go go go... I can't believe it. It's only been three hours or so. I swim for another ten minutes, when the boat comes alongside me and says that everyone in the area (three solos and two teams) are being taken out of the water here.

We won't make the cut-off bridge before the tide turns. The day is done. I am devastated, in tears, shaking. I cry for 15 minutes, just letting it all out.

When I get my goggles off and catch my breath I am told that the tide has turned and we would not have made the cut off.

I still feel that they should have let us swim until we were not making headway. I had actually just caught up to another swimmer and was swimming strongly. Hell, I paid \$1475!! Let me swim until I drop. We continue around the island, cheering on the swimmers who remain. It is bittersweet. I am very happy for them and oh so sad for me.

Yet another swim I did not complete. What happened? First off, I am a lot slower than even I think I am. I unintentionally relied on my supposed experience. I thought, if I can swim for 5 hours or 7 hours or whatever I can swim this swim. Not true. To complete this swim one has to swim fast. In order to swim fast, one needs to get in

a pool, do intervals and be in shape aerobically. One needs to hurt a little bit. I did not put the time in at the pool. I thought I could skate on experience. I also underestimated how hard I needed to go even after I rounded Battery Park. I thought that once I got around I could just go into long distance mode. It wasn't true.

So, after some soul searching I know that I will try this swim again. I am down but not out. I didn't quit, and that makes me feel better. I should have trained better and I should have trained harder. It was an expensive swim but from what I learned it was worth it. I still want to add to my "Triple Crown" which only has one jewel in it so far.

The first ever long swim I attempted on Lake Tahoe in 1987 I also failed. I pulled myself with only about two miles left. Thirty minutes later I felt great. I was so mad because I could have finished. But, I learned a lot on that swim as well. Sometimes one learns more from one's failures than from one's successes.

OARS D'OUEVRES: BOAT CAPTAIN'S REPORT

Grizzly Bear Challenge

The Grizzly Bear challenges participants to erg and row 100,000 meters in the six weeks between Thanksgiving and New Year's Eve. We had more participants than ever and more who reached and surpassed the 100,000 meters goal!

100,000 Meter Club

1st Andy Kerr	412,000 meters!!!! (356,000 on the erg and 62,000 on the water)
2nd Renee deCossio	162,000 meters
3rd Rich Cooper	142,000 meters
4th Gary Ehram	120,000 meters
5th Racheal Perry	112,000 meters (62,000 on the erg and 50,000 on the water)
6th Ted Levinson	110,000 meters
7th Laura Atkins	102,000 meters
8th three-way tie	
Jim Frew	100,000 meters
Jenny Votava	100,000 meters
Peter Votava	100,000 meters

Norm Peterson Regatta

Rower	Boat Class	Time	Place
Renee DeCossio	Flyweight	49:49	2nd place
Gary Ehram	Aero	56:52	1st place
Doug James	Aero	57:29	2nd place
Emily Roth &	Viking	41:17	1st place (short course)

Neal Snyderman

Weiland Crew 37:20 2nd place

Charlie McIntyre (cox) Fred Stemler, Gabriel Dan, Katie Cronin, Jim Frew, Mary Magocsy & Kate Keller

Upcoming Regattas:

Sunday, April 11 The Open Ocean Regatta hosted by Open Water Rowing in Sausalito. Three courses available. Open to all wooden boats and shells.

Saturday, June 12 Rowing at Altitude hosted by Lake Tahoe Boating Club Kings Beach, Lake Tahoe. Two courses available. Open to shell rowers.

Saturday, June 19 North American Open Water Rowing Championships hosted by Sound Rowers, Seattle WA. Open to all wooden boats and shells.

Racheal Perry

SWIM COMMISSIONER'S REPORT

SWIM STATISTICS

Dolphins,

Due to the unseasonably warm water that began in mid February, this year's Polar Bear competition has been abbreviated. Only squares recorded during the sub -53 degree time period will be counted.

Okay, now that I have caught the attention of those stragglers who annually wait until early March to put in their longer swims (me included), let's recap some of the recent happenings in the swim program. As if swimming from Alcatraz itself is not a special enough of a way to ring in the New Year, one of our members made it even all the more memorable. In this annual trek from Alcatraz, Sean McFadden swam his final mile and a quarter of his forty Polar Bear miles. It was an extra special moment since he also earned the title of the Dolphin Club award for the "First to Forty."

Our experience of the New Year's Alcatraz certainly reminds us that we will be back again next New Year's Day to brave the bitter cold and uncertain currents, and if you are not the patient type, why wait? I know that many of us look enviously upon the SERC Sunrisers as they do their victory lap into the Cove after whatever adventure they just had that morning outside the breakwater. Rather than circling the Cove and wondering if you want to shell out the bucks for a dual membership, you might consider the rarely used alternative of the Dolphin "Out of Cove Swim" process. Just get the form filled out and have our Rowing Commissioner and a Swim Commissioner sign off and you will be good to go. Your safety will be the primary concern and with sufficient pilot coverage, consideration of tides, and other necessary precautions, you too can chart your own course for those times in-between when you are just itching to check out the other side of the Muni Pier.

I am writing this report on behalf of Dave Hollembaek, Lolly Lewis, and myself as the threesome that it took to attempt to fill the shoes of our predecessor, Brian Herrick. Brian left the swim program in great shape and we owe him our gratitude for his gracious service to the Club.

Sincerely,

John Ottersberg

Pier 41

JANUARY 23 , 2010

PILOTS

Marcus Auerbach, Jon Bielinski, Paul Brady, Barbara Byrnes, Barry Christian, Ken Frank, Don Harrison, Reuben Hechanova, Nancy Hornor, Margaret Keenan, Robert Mackey, Jackie Merovich, Kent Myers, Daniel Osborne, John Ottersberg, Emily Roth, Diane Walton

HELPERS

Dave Hollembaek, Joni Beemsterboer, Nancy Cutler, Dierdre Golani, Heidi Howell, Mark Lubiszewski, Lolly Lewis, Dean Badessa, Arnie Oji, Eric Shupert, Polly Rose, Susan Allen, Bill Braconi, Nancy Friedman, Janice McCall, Jamie Robinson, Kristen Steck, Monica Towers, Janice Wood, Joanne Carr, Sue Garfield, Rey Hassan, Doug James, Athena Kyle, Mickey Lavelle, Joe Omran, Tony Reveaux, Jeffrey Russell, Mike Silva, King Sip, Carrie Sloan, Andy Stone, Peter van der Sterre, Neal Powers, Joel Bleskacek, Bill Burke, Joe Gannon, Richard Haymes, Laura Merkl, Pete Neubauer, Daragh Powers

SWIMMERS

		LCP
1 John Renko	20:08	10
2 Laura Zovickian	20:52	9
3 Brian Herrick	22:28	8
4 Joel Bleskacek	23:46	7
5 Mickey Lavelle	24:15	6
6 Jason Prodoehl	25:04	5
7 Andy Stone	25:22	4
8 Doug James	25:23	3
9 Kate Coleman	25:35	2
10 Bill Burke	25:52	1
11 Nancy Cutler	25:54	
12 Joe Spallone	26:14	
13 Rick Avery	26:30	
14 Pete Perez	27:27	
15 Neal Powers	27:31	
16 Dean Badessa	27:45	
17 Ken Coren	27:48	
18 Joni Beemsterboer	27:56	
19 John Hornor	28:26	
20 John Mattox	28:36	
21 Pete Neubauer	28:38	
22 Nobuya Takahashi	29:30	
23 Mark Robinson	29:32	
24 Jim Frew	29:57	
25 Hal Offen	31:06	
26 Eric Shupert	32:52	
27 Robin Rome	32:55	
28 Sue Garfield	34:16	
29 Joe Gannon	36:14	

Gas House Cove

FEBRUARY 28, 2010

PILOTS

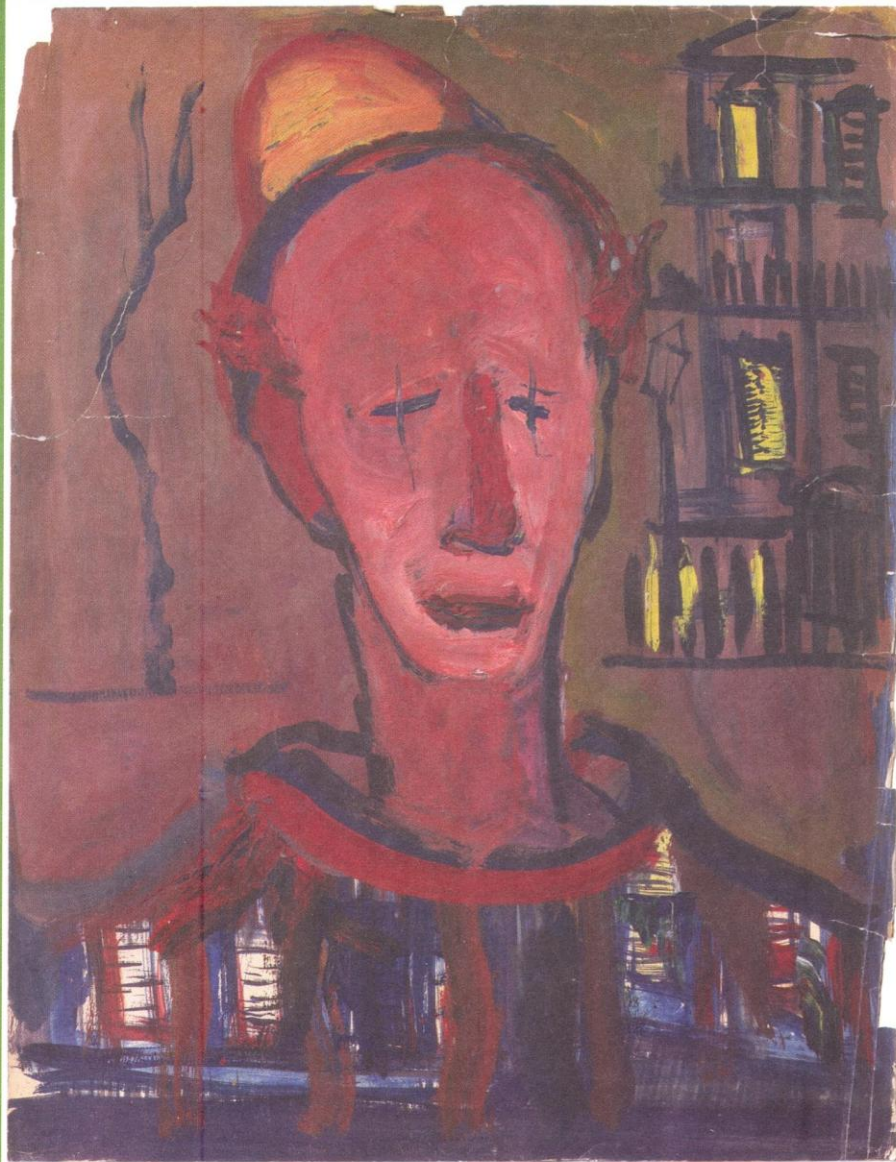
Marcus Auerbuch, Jon Bielinski, Paul Brady, Barbara Byrnes, Kimberley Chambers, Barry Christian, Nancy Cutler, Mag Donaldson, JD Durst, Phil Fernandez, Donald Harrison, Reuben Hechanova, David Hollembaek, George Howell, Steve Lathram, Mark Lubiszewski, Robert Mackey, Kent Myers, Scott Nadig, John Ottersberg, Phil Rollins, Emily Roth, Diane Walton, Robert Weil, David Zovickian, Laura Burtch-Zovickian, Doug James

HELPERS

JD Durst, John Ottersberg, Stan Thompson, Lolly Lewis, Richard Haymes, Jason Prodoehl, Eric Shupert, Beth Stein, Darcy Wettersten, Pete Neubauer, Joanne Carr, Paul Davies, Joe Gannon, Rey Hassan, Steve Lathram, Sarah McCuskey, Paul Vanhoven, Carrie Sloan, Joel Bleskacek, Sue Garfield, John Hornor, Nancy Hornor, Mickey Lavelle, Loretta Madden, Jackie Merovich, Naphtali Offen, Joseph Omran, Robin Rome, Carrie Sloan, Joseph Spallone, Fred Stemmler, Cheryl Wallace, Polly Rose, Susan Allen, Nancy Friedman, Jennifer Lamers, Susan Lauritzen, Jennifer Vorava, Janice Wood

SWIMMERS

1 Suzanne Heim-Bowen	16:45
2 John Renko	18:08
3 Michael Silva	19:08
4 Laura Zovickian	19:34
5 Brian Herrick	20:09
6 Paul Vanhoven	20:17
7 Marla McGowan	20:18
8 Duke Dahlin	20:35
9 Joel Bleskacek	20:50
10 Mickey Lavelle	20:58
11 Paul Davies	21:20
12 Jason Prodoehl	21:40
13 John Nogue	21:46
14 Melissa King	21:52
15 Beth Stein	21:57
16 William Burke	22:37
17 Terry Horn	22:42
18 Rick Avery	22:48
19 Margaret Keenan	22:52
20 Joseph Spallone	23:01
21 Gina Rus	23:02
22 Douglas James	23:03
23 Suzie Dods	23:14
24 Morgan Kulla	23:31



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SWIM STATISTICS

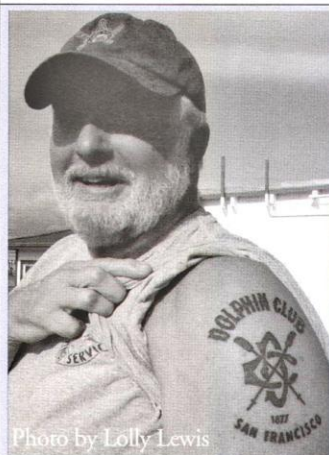


Photo by Lolly Lewis

Proud Dolphin Jim O'Connor shows off his new tattoo.

56 John Ingle	33:11
57 Sarah McCuskey	37:08
58 Jim O'Connor	38:40

Pier 39

MARCH 21, 2010

PILOTS

Jon Bielinski, John Blackman, Michael Chase, Barry Christian, Nancy Cutler, Jim Frew, Mark Gustin, Donald Harrison, Reuben Hechanova, Nancy Hornor, Douglas James, Margaret Keenan, Scott Nadig, Daniel Osborne, John Ottersberg, John Robiolu, Bill Rus, Ted Tilles, Diane Walton, Laurin Weisenthal, David Zovickian

HELPERS

David Hollembaek, Stan Thompson, Liz Van Houten, Laurin Weisenthal, James Barnes, Eric Larson, Lolly Lewis, Jason Prodoehl, Darcy Wettersten, Eric Shupert, Joanne Carr, Kate Coleman, Joe Gannon, Keith Howell, John Ingle, Peter Neubauer, John Nogue, Daragh Powers, Sue Garfield, William Burke, Joe Illick, Douglas James, Melissa King, Jim O'Connor, Naphtali Offen, Julian Sapirstein, Anne Sasaki, Joseph Spallone, Beth Stein, Stephen Stout, Ben Zovickian, Noah Zovickian, Emma Huckabay, Margaret Keenan, Susan Allen, Lindsay Casablanca, Gina Comaduran, Jennifer Lamers, Susan Lauritzen, Mimi Osborne, Neal Powers, Polly Rose, Sibylle Scholz, Kristen Steck, Jennifer Votava

SWIMMERS

LCP

25 Peter Axelrod	23:47
26 Julian Sapirstein	23:56
27 Pete Perez	24:17
28 Dean Badessa	24:25
29 John Hornor	24:35
30 Kenneth Coren	24:43
31 Kate Coleman	24:46
32 Peter Neubauer	25:18
33 Alex Buehlmann	25:29
34 Nancy Hornor	25:41
35 Philip Coyle	25:48
36 Jim Frew	25:54
37 Joanne Carr	26:25
38 Naphtali Offen	26:48
39 Cheryl Wallace	27:23
40 Jackie Merovich	27:29
41 Robin Rome	27:50
42 William Braconi	27:52
43 Matt Towers	28:09
44 Anne Sasaki	28:16
45 Eric Shupert	28:18
46 Joe Illick	28:24
47 Piper Murakami	28:25
48 Emma Huckabay	28:30
49 Kristen Steck	28:35
50 Will Powning	29:18
51 Sue Garfield	29:21
52 James Barnes	29:25
53 Joe Gannon	29:32
54 Debra Rose	33:03
55 King Sip	33:10
1 Laurin Weisenthal	21:28
2 Laura Zovickian	24:24
3 Paul Vanhoven	25:29
4 Brian Herrick	25:54
5 Mickey Lavelle	26:22
6 John Nogue	27:20



Photo by Lolly Lewis

Stick management by Neal Powers, swimmers Keith Howell, Jeff Russell and Hal Offen

7 Beth Stein	27:40	4	35 Robin Rome	32:58
8 Larry Scroggins	28:05	3	36 Mark Lubiszewski	33:18
9 Doug James	28:16	2	37 Janice McCall	33:40
10 Morgan Kulla	28:16	1	38 Melissa King	33:45
11 Jason Prodoehl	28:18		39 Bill Braconi	34:36
12 Nancy Cutler	28:20		40 James Barnes	35:02
13 Gina Rus	28:38		41 Carrie Sloan	35:12
14 Rick David	28:56		42 Sue Garfield	35:20
15 Julian Sapirstein	28:59		43 Stephen Stout	35:31
16 Daniel Madero	29:02		44 Will Powning	35:42
17 Joe Spallone	29:03		45 Kent Myers	35:50
18 Rick Avery	29:04		46 John Ingle	37:17
19 Bill Burke	29:06		47 Joe Gannon	37:48
20 Kate Coleman	29:12		48 Debby Rose	40:32
21 Pete Perez	29:28		49 Mary Cantini	41:26
22 Jay Adams	30:24		50 Jim O'Connor	41:34
23 John Hornor	30:36			
24 Roxy Phifer	30:40			
25 Tom Davis	30:47			
26 Pete Neubauer	30:51			
27 Ken Coren	31:00			
28 Joanne Carr	31:17			
29 Mark Robinson	31:22			
30 Gerard Navarro	31:49			
31 Hal Offen	32:06			
32 Jeff Russell	32:12			
33 Keith Howell	32:15			
34 Joe Illick	32:38			

Polar Bear First Five to Forty:

Sean McFadden
Naphtali Offen
Lolly Lewis
Joe Illick
Arnie Oji

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PRESIDENT'S REPORT



Ken Coren

Sanctuary

I believe there are a few fundamental things about our Dolphin Club that collectively create the orchard which brings people in and allows their healthiest seeds to flower.

After Jan Atkins, one of our finest Boat Night chefs, had finished filming an educational project at the Club, I asked him how it had gone. He told me: "I tried to imagine a better place to shoot this little segment. I couldn't. There is nothing like it in my experience. The *Balclutha* was behind us, we had the basso continuo of the surf, and all around us was the weather-worn, sturdy, purposeful, eminently human-friendly embrace of the Dolphin Club."

Our Boat Captain Reuben Hechanova took it a step further while sunning himself in Yvonne's corner next to Cecco's Giardino: "This place is a time machine. You come through the door out front and you're in another time, another place, and it's peaceful. The world goes by out there and in here you can sit in the sun or work out or do a project or whatever . . . and you're on your own, easy, calm."

I believe we're talkin' sanctuary here.

In the most literal sense, sanctuary refers to the sanctum sanctorum, the holy of holies, the sacred portion of a sacred place, be it an altar, an arc or a shrine within that revered place. Objects and people that come within that immediate sphere receive a special reverence just by virtue of being there. The ancient Hebrews maintained Cities of Refuge where the accused were protected and safe from harm pending trial. In pre-colonial Hawaii, people who violated tabu, or were being pursued out of vengeance or needed protection during times of war, were absolutely protected and safe once they entered the gates of the pu'uhonua. For over a thousand years, fugitives in Europe were immune from arrest by the sovereign as long as they remained within the sanctuary of a church. This sphere, this bubble, this aura was so valued that its range was expanded through the ages

to the point where sanctuary could be claimed upon laying a hand on the door of the church or, in some regions, by coming within grounds marked off by Sanctuary Crosses.

Our sanctuary by the Bay is entered from the land or the water. But for the few mallards that Lou steadfastly feeds on the dock, ducks have become a rare sight along the shores of San Francisco Bay since they traditionally feed in the sweet waters found in the marshes that no longer exist along most of our shoreline.

Western gulls are a cruel breed, tearing apart their brethren whenever the slightest injury becomes apparent. A few crippled survivors manage to regain their strength on our decks, beside our footbaths, sustained by offerings from the galley.

We folks who wave our fobs to throw the latch at 502 Jefferson Street live with the troubles of our times. But Mark Twain laid it out in timeless human terms right about the time the Club was founded in the final quarter of the 19th century: "Troubles are only mental," he wrote, "it is the mind that manufactures them, and the mind can forget them, banish them, abolish them."

So, who cannot love the poetic irony of the folks walking the shoreline of Aquatic Park, all bundled up against the brisk wind noticing us swimming in the cold water and scoff to their companions "Those people have got to be crazy!"; when in fact, we are the ones out there enjoying the daily gift of sanity and restoration within our safe harbor, our sanctuary.

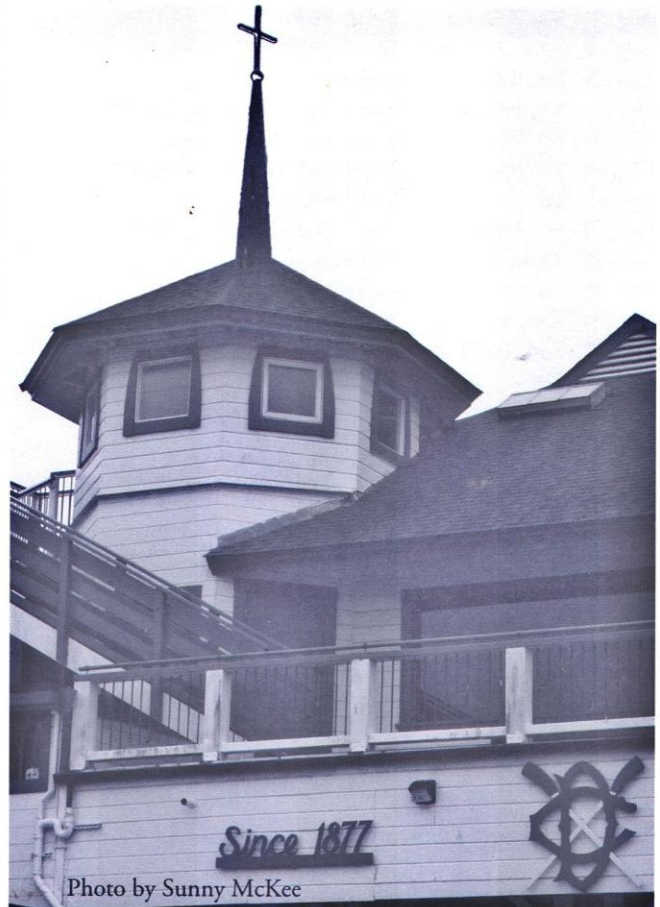


Photo by Sunny McKee



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2010 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thur, 8:30 am	New Year's Day Alcatraz
Jan 23	Sat, 8:30 am	Pier 41
Feb 14	Sun, TBA	Old Timer's Lunch
Feb 28	Sun	Gashouse Cove
Mar 21	Sun, 7:30 am	Pier 39
Mar 21	Sun	Polar Bear Swim Ends
Apr 25	Sun, 7:15 am	Yacht Harbor
May 16	Sun, 8:00 am	Dick Beeler Crazy Cove
Jun 1	Tue	100-Mile Swim Begins
Jun 5	Sat, 5:00 pm	Over 45 Twilight Gas House Cove BBQ
Jun 27	Sun, 8:00 am	Walt Schneebly Over 60 Cove
Jul 10	Sat, 8:30 am	Coughlin Beach Swim
Jul 17	Sat, 7:30 am	Bay Bridge
Jul 17	TBA	Trans Tahoe Relay
Jul 31	Sat, TBD	Santa Cruz One Mile
Aug 7	Sat, 7:30 am	Crissy Field
Aug 21	Sun, 7:30 am	Fort Point
Aug 28	Sat, 8:00 am	Alcatraz
Oct 2	Sat, 8:00 am	Escape from Alcatraz Triathlon
Oct 16	Sat 8:40 am	Joe Bruno Golden Gate
Oct 23	Sat, 9:00 am	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 13	Sat, 5:00 pm	Pilot Appreciation Dinner
Nov 25	Thur, 7:30 am	Thanksgiving Day Cove
Nov 26	Fri	Grizzly Bear Challenge
Dec 19	Sun, 9:00 am	New Year's Day Qualifier
Dec 19	Sun, 10:30 am	Holiday Brunch Party
Dec 21	Tue	Polar Bear Swim Begins
Dec 31	Thur 11:59pm	Grizzly Bear Challenge Ends

ROWING TRAINING

On the these Saturdays
beginning at 9:00 am:

January 22, Saturday
February 20, Saturday
March 20, Saturday
April 24, Saturday
May 22, Saturday
June 19, Saturday
July 24, Saturday
August 21, Saturday
September 18, Saturday
October 23, Saturday
November 20 Saturday
December 18, Saturday

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. For out-of cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
6. Swim sign-up sheets are posted two weeks prior to each swim.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

Alcatraz Island
1.4 miles

*All times are approximate & subject to change.
TBD means "to be determined".*

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

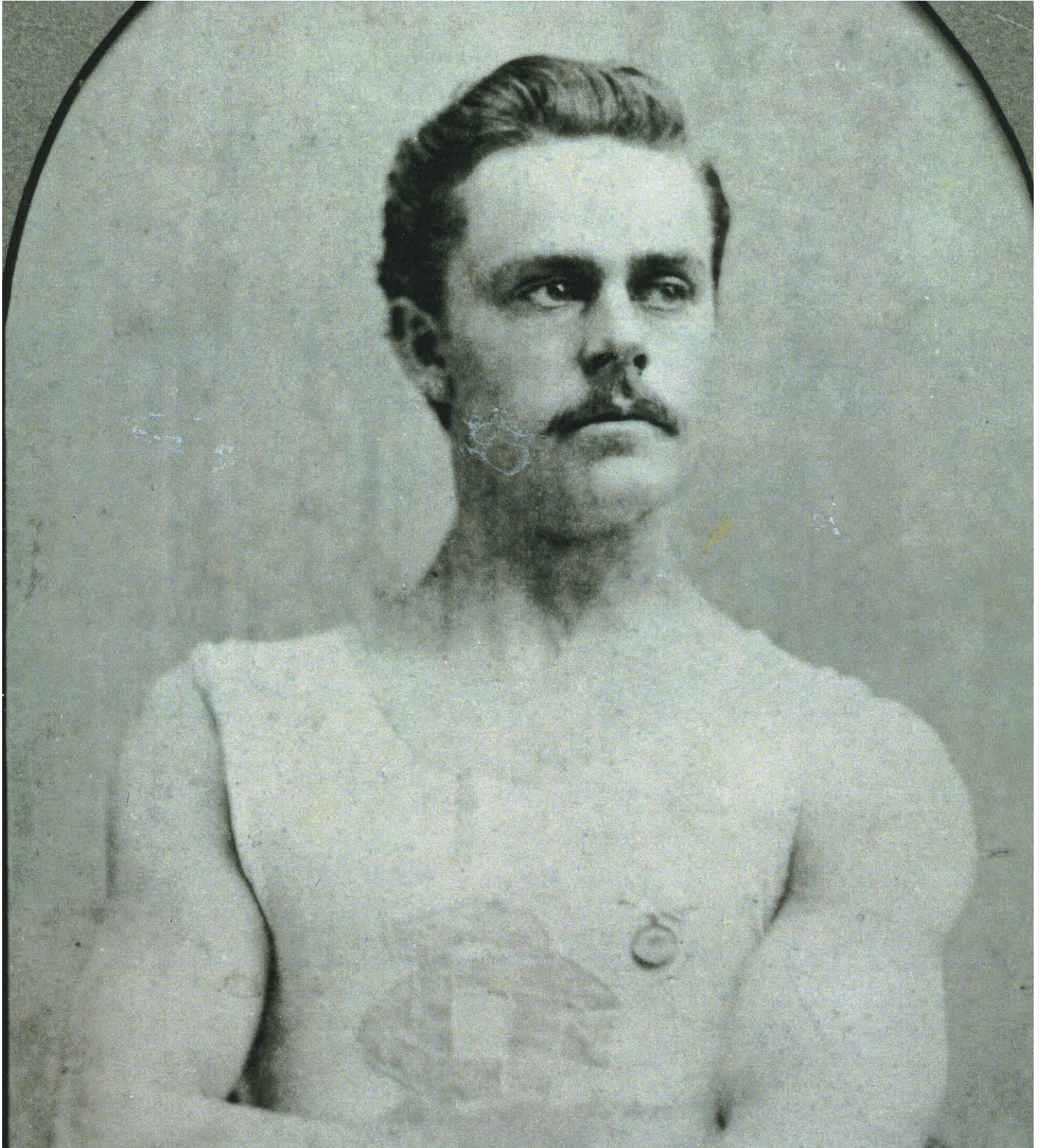
Pier 41½
1.2 miles

Pier 43
1 mile

SUMMER 2010

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

Keith Howell, *Editor*

Joe Illick, *Editor*

Sunny McKee, *Graphic Designer*

Susan Cobb-Frederick, *Proofreader*

Lolly Lewis, *Swim Stats*

Contributing Historian

Walter Schneebeil

Published By

The Dolphin Swimming
& Boating Club

502 Jefferson Street

San Francisco, CA 94109

www.dolphinclub.org

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Tom Keller, *House Captain*

Lou Marcelli, *Commodore*

Cover Photo - Emil

Kehrlein-DC 1st President

1877-1878

Printing

, SF

Prepress

Royce Color, SF

Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.



Intrepid Gate crossers rehearse their post-swim smiles.
Ralph Wenzel Mike Silva, Vic Pizarro, Tom Keller, Jon Ennis,
Mike Chase, Kim Chambers, John Ottersberg

Deadline: 6:50 am, Tuesday, 3rd August, Golden Gate Bridge

Tom Keller

Excerpt of VHF Channel 13 (Bridge to Bridge) "Unit 12" (Bar Pilot on board the outbound NYK Container ship), "Dolphin Club Arias, we are the southern most vessel of our swim, will you have sufficient sea space to transit south of the center span?" Unit 12 responds, "Dolphin Club Arias, Unit 12, Not a problem, Thanks for the call"

Oblivious to the boats and ships around us, we swimmers were on the second, backstroke, leg of our individual medley under the bridge. Together with John Ottersberg, Jon Ennis, Mike Chase and Mike Silva, we were attempting to swim the one-mile distance across the gate four times changing stroke each time. We had to finish all four before the ebbing tide swept up out to the Pacific.

Arranging with the Coast Guard and recruiting enough pilots to ensure each swimmer's safety had taken the better part of three months. But any fears I might have had were extinguished once club member Captain Mark Gustin agreed to skipper the Aries. Mark's day (and night) job is to ferry people and freight to ships and islands around the bay and he knows the rules of the roads like the palm of his hand and speaks the language.

We did butterfly to Lime Rock in 29 minutes; it was super fast. When we turned around and started the backstroke we found we were going against a bit of a northerly current for Baker Beach. And then the container ship came through and we had to tread water and try not to get cold. It obligingly sailed to the south but its ten-foot wake, a great ride for the swimmers, all but swamped the kayaks. It took about 45 minutes to get back to touch the seawall of Fort Point.

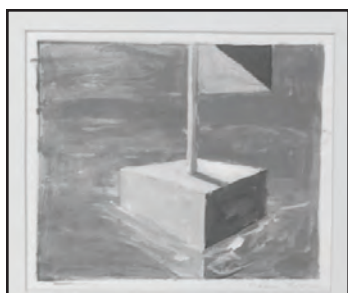
With the current behind us the breaststroke was considerably faster than backstroke. Then another huge ship came through. Freestyle was a welcome rest, even though the tide had turned.

Meanwhile, Vic Pizzaro was swimming two lengths of the bridge—in handcuffs. It took him two and 1/2 hours. He was also wearing an ancient woolen bathing costume, which chafed more than the handcuffs. Ralph Wentzel and Kim Chambers kept us company swimming freestyle.

Along with the party the following Sunday, we raised \$10,000 for San Francisco Baykeeper, the nonprofit pollution watchdog for San Francisco Bay. Congratulations to everyone involved.



Enjoy a Weekend of Art at the Club- Mark Your Calendar! October 16-17, 2010



painting by Robin Rome

During the month of October, San Francisco artists open their studios and show their work at group sites around the city. A different quadrant of the city showcases artists' work on each of the four weekends in October.

Fourteen artists will be exhibiting work at the Dolphin Club on October 16 and 17. Who knew that we had such a stable of talent? Stop by to see a broad range of work including photography, sculpture, pottery, wood cuts, painting and more. Participating artists include Allison Wagner, Barbara Keller, Colin Gift, Dawn Holley, Ellen Desmond, Joe Illick, Katy Dinner, Lorna Newlin, Marty Machado, Meg Reilly, Mimi Osborne, Polly Rose, Robin

Rome and Susan Lauritzen.

This is a wonderful opportunity for the public to visit the club and enjoy the richness of our community. It's also a great way to give back to the club. Artists will donate 15% of sale to the Club's building fund, and will donate a work of art for auction at later club events.

Exhibit hours are 11 a.m. to 6 p.m. Please mark your calendar and spread the word to friends and family. We hope to have excellent attendance –and to make some sales that will benefit the Club's building fund.

Meg Reilly

Annual Membership Meeting

The Annual Membership meeting of the Dolphin Swimming & Boating Club will begin at 6:30 p.m. on October 20, 2010 at 502 Jefferson Street, San Francisco, in the Staib Room. The Board will review the business of the past year and proposed activities for the next year. Members are welcome to attend and participate per Article III, Section 6 of the ByLaws.

16 Swimming Kids

Megan Sullivan

Sixteen kids between the ages of 9 and 16 from Sonoma bravely signed in one Saturday morning to take their first open water swim in Aquatic Park. Under the watchful eyes and guidance from Suzanne Heim-Bowen (lead swimmer) and Suzie Dods (lead pilot), every one of the kids made it in the water. The majority finished the flag-and-back course, and the rest of the kids customized the course for their abilities and stamina.

This was an incredible achievement for them. To see their excitement and pride and joyful enthusiasm in their feelings of accomplishment made everyone's day! I heard that some young boys in the men's sauna could hardly contain their excitement in regaling each other about their swim.

Huge thanks to Dolphins Joe Illick, Keith Benson, Sid Hollister, Nancy Friedman and Suzanne H-B in the water with the swimmers; and Tracy Corbin, Mark Gustin, and Suzie D. on the water with Megan Sullivan who organized the outing.

On land, Bob Blum and Laura Atkins ran the show complete with sign-in, swim briefing and roll call, and getting everyone organized and on the beach for the start. Parents of participants also helped with recording, covering the public beach for swimmers who came out of the water early, monitoring the locker rooms, making hot chocolate, waiting for the pizza, etc.

All congrats to Arden Kremer, program director, and Cynthia Leonard, swim coach, of Valley of the Moon Aquatics who believed in these kids' desire to swim in San Francisco bay and helped them achieve their goals.

Whole families came to watch their kids jump in the water; and afterwards, everyone enjoyed pizza, smiles and receiving their trinkets. These were incredible kids:

Berenice Gonzalez, Bernardo Moya, Adrian Ortiz, Belen Botello, Alejandra Flores, Katelynn Hayden, Noah Bartolome, Alex Epstein, Milii Mijia, Andy McGrath, Ashleigh Allen (She was in the water close to 50 minutes. Keith Benson stayed with her the whole time. I was amazed at this 10-year-old's determination to finish.)

Veronica Alcaraz, Ema Salas (Ema got cold and never wants to do it again. She helped give out trinkets, and I'm hoping she'll come back next year and help me run the swim.) *Emma Bartolome, James McKale, and Matthew McKale.*

Special thanks to the Board and Lolly Lewis and Margaret Keenan for their support.



Photo by Tracy Corbin

In pursuit of those elusive fifteen minutes

Keith Howell

Between riffs on the saxophone, which he bought from the proceeds, Larry Scroggins recalls the day in a Petaluma forest when he was part of a Coca Cola commercial.

It's usually some unearthly hour when the incidental actors, the extras, are asked to report on the set. Such was the case for Larry who arrived early in the morning, but had to wait until nearly dusk before the cameras turned in his direction. In the meantime he tried to find warmth in one of those enormous anonymous white vehicles that signify thespians at work. "What are you?" the driver asked him.

"I'm a bus driver," says Larry. "So am I," says the inquirer. "Well, I'm not really a bus driver. I just play one on TV." "Ah," says the bona fide driver dismissively. "Talent."

Larry went off to find a trailer more suitable to his station.

The shoot involved reading a proclamation in a good bus driver voice. A speaking part is where the real bread's baked. It turns out that playing a regular Joe is not as easy as it sounds. Stars have too much charisma and regular Joes tend to put on airs. The director was impressed with Larry's

western twang and suggested he try Hollywood. So far he's kept his day job.

Lou Marcelli was sitting in a hotel room in San Benedetto, his ancestral

Bridge with a camera on them both the whole time. That night in a restaurant he could see people pointing out the new celebrity, and by the time he returned to San Francisco, there

were checks waiting that paid for his vacation and then some.

A few months later Lou was knocked off the steps of the wardrobe trailer on the set of Clint Eastwood's next movie and shattered his right arm. The next day a few Dolphin swimmers were selected to go to Dillon Beach to film a commercial.

After driving for a couple of hours through a torrential downpour to reach the site of the shoot, we arrived to see the clouds evaporate. We changed into dark wet suits under blue skies, and by the

time the lunch truck arrived there was not

a cloud in sight. We were quite warm and all ready to go, but no... it was time to eat.

By the end of a leisurely lunch, a thin veneer of clouds had blown in, the sun was gone, and the wind was up. We trooped out to the beach, and crowded behind



Bongo player and Lou Marcelli



It needed a few takes with a new lathering of mud each time. Suzie Dods, Ray Mandini, Non-Dolphin, Nancy Friedman

home, when he noticed his Italian doppelganger show up on the TV screen. He didn't think much of it until Cynthia Coppi, his companion, called out that he was on television. A week or two earlier he'd been sitting next to a bongo player on a bus while it was driven over the Golden Gate

a sand dune while the gale strengthened, bringing the first drops of rain. The cameraman and director, oblivious to the weather, discussed exactly where we should enter the careening surf. A couple of the best swimmers made a trial swim along the suggested route. The wind howled, the breakers crashed and the swimmers struggled. They reported back, hard to hear above the squalls, that there were rocks everywhere. So it was agreed that maybe those among us who were hired primarily for their looks but could barely swim shouldn't go further than thigh deep into the waves. The better swimmers walked tentatively between the pebbles into the surf. Hardly had we got out when the first flash of lightening and deafening thunder brought us scurrying back to shore, over the sand dunes to the nearest trailer, where we huddled together and waited for the squall to pass.

Back on the sand with the rain barely over, it was explained that we had to arrange ourselves in this one particular place (and in a perfectly straight line) because of the scenic cliffs in the background. We went out into the wild water again, blundering into the semblance of a line and skirting submerged rocks invisible to the far off cameras. While they, our betters back on the dunes, cared only for the majestic rocks in the background, we were much more concerned with those underfoot. We waited... waited...for the shoot to start, trying to hear instructions over the crashing waves until a particular large wave sent swimmers rolling like ninepins, banging up against the rocks. That's when they said, "roll!" We waded back into place and waited, only to have the same thing happen, and again, and again. Each time our feet were scratched by pebbles and our bodies were bruised on the rocks. It seems, we learned later, that the very waves the camera folks were waiting for, so that it would look like we had actually been swimming, were the same waves that



Photo by Sunny McKee

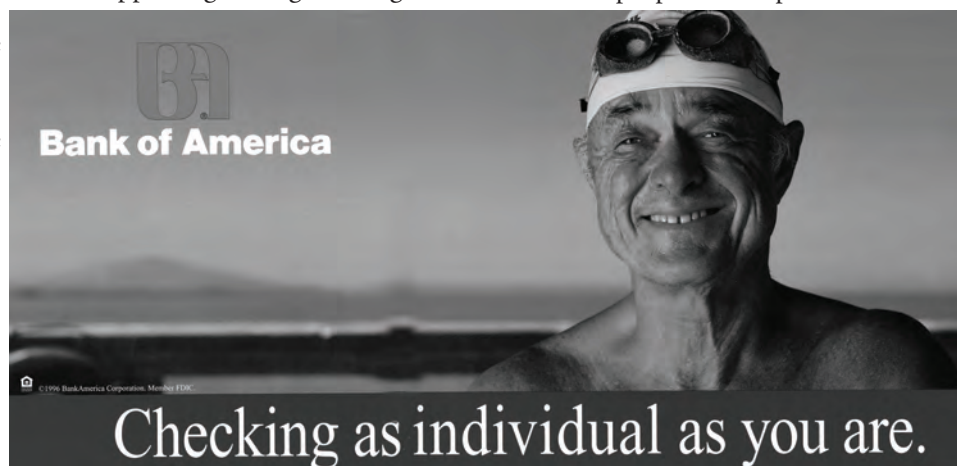
Dillon Beach with it's charismatic rocks.

kept bowling us over.

Swimmers, it seems, were dispensable. But the cliffs were inviolate, so we would wait stumbling between the boulders and periodically disappearing among crashing seas

swimmers in deeper water who had the worst of it.

Twelve takes later, our feet and fingers encased in ice, some of us were excused. For the others, it was time for their purple close-ups.



Walt Schneebeli: billboard star

until the cliffs reemerged from behind interloping thunderclouds. Then we would reassemble, someone would shout "Shoot!" and we'd struggle out of the dancing foam and run with winning faces toward the camera. One by one, battered swimmers, bloated with seawater cried "Uncle." Ironically, it was the better





Early photo of Black Point

Fort Mason Restoration

Changes along Aquatic Park's western flank.

Darren Palm

John Horner, in a previous issue of the LOG, described his swim to Black Point, the last stretch of undeveloped shoreline in the city, and gave us its history. More, however, can be said about the area and its current management by the National Park Service (NPS).

Looking west from the Dolphin Club one sees atop Black Point a handful of houses, formerly the General's quarters, which now occupy one of the three oldest streetscapes in San Francisco. These houses were originally built in the 1850s on military land by what the army later termed "genteel squatters." One was occupied by John C. Fremont, famous not only for his pioneering explorations of the West but also as the first Republican nominee for President of the United States, and

his wife, Jessie Benton, daughter of the powerful Missouri Senator, Thomas Hart "Old Bullion" Benton. (Not to be confused with the American painter of the same name.)

That this couple who had seen so much of the West and could afford to live anywhere chose a house on Black Point with its sweeping views of the Bay must say something of the uniqueness and desirability of the site. Jessie wrote in 1860: "the flapping of the sails as the schooners round this point and the noise of the their paddles as the steamers pass are household sounds." The same sounds and feelings continue to this day.

The NPS now leases out these residences to the public. It will likely

working their way across the bay on the morning of an Alcatraz swim, a flotilla of pilots hovering around them.

As with the Dolphin Club itself, a feeling of timelessness and sanctuary pervades the area. Tune out a few engine noises and the historic homes and their surrounding garden landscape could easily be 1880. Yet at night there is actually a strange comfort in the sound of the huge, powered-down diesel engines of the massive cargo ships passing by slowly in the inbound channel off the Point, a very low rhythmic bass that is felt in the chest more than heard.

As John Horner mentioned in describing his swim to Black Point, "the plants that cover the steep cliff today are both invasive and native." Since being transferred from the Army to the National Park Service (NPS) in the early 1970s, the area has been largely untended and thus invasive plants have taken over much

of the Point. If a passing glance from the cove reveals a pleasant, green slope dominated by huge old trees planted over the years, including Monterey cypress and eucalyptus, a closer look reveals that some of the native plants are being choked out by invasives, such as cape ivy and Himalayan blackberry.

There is a rumor that the

Park Service is purposely allowing the trees to die so they can restore the point to its natural state. In reality, this area is managed by NPS for its historic value and as a cultural resource, not for its vegetation.

Consequently, the area has not been actively managed for close to 40 years, and in many ways it shows. Besides choking out desirable trees



photo by Darren Palm

The author's residence on Black Point

come as no surprise that they have been partially colonized by Dolphin Club members. We wake up on calm mornings, often to see the cove bathed in sunshine, with little trails looking like the wake of water bugs moving through the water made by early rising swimmers or adventuring boats, all framed by the historic ships. Occasionally there are swimmers

and plants, the invasives have also created areas of much denser vegetation than existed before. Hidden in this undergrowth have been a few drug abusers and some petty car thieves. This June when a crew cleared some paths in there, it found used syringes and old empty wallets dating back to the 1980s.

NPS budgets permitting, there will be some improvements to this unique and historic landscape coming. It may take a few years, but changes should be visible from the cove. Look for restorations similar to those that have taken place on the Alcatraz gardens and in the Presidio, where much of the work lies in simply clearing away invasive ivy and other vegetation to allow the historic trees and gardens to again show through.

Could this be you?

There are about 15 houses rented out in Fort Mason. A private property management firm handles the leasing for the NPS. The houses go to the highest bidder when they open up, for 1, 2, or 3 year leases. The link to the craigslist ad shows all the details.

There are actually two places open right now (August 2010) but neither overlooks the cove. One is a "cheaper" house--4 bedrooms and 2 baths--starting at \$4500 per month for a one-year lease.

And then there is a nicer one with views of the Golden:
<http://sfbay.craigslist.org/sfc/apa/1834246726.html>.



Photo by Sunny McKee
A brush with invasives



Photo by Sunny McKee
Aquatic Park seen from Black Point

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Exhibits for September-October 2010

**Thurs, 9/23 reception for 6 artists and
North Beach Art Walk (9/25-26)**

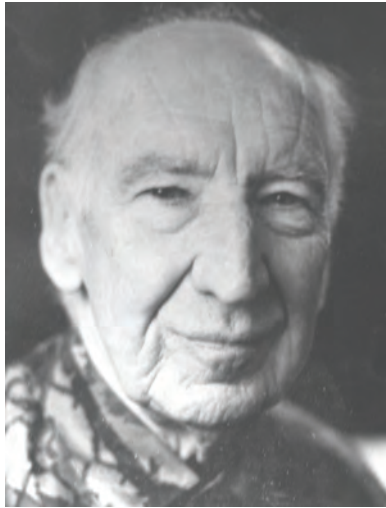
**Thurs, 9/30 reception 6-9pm
for Nancy Calif Exhibit through 10/13**

**Sunday 10/3 special Lit Quake Readings
Late Afternoon - TBA**

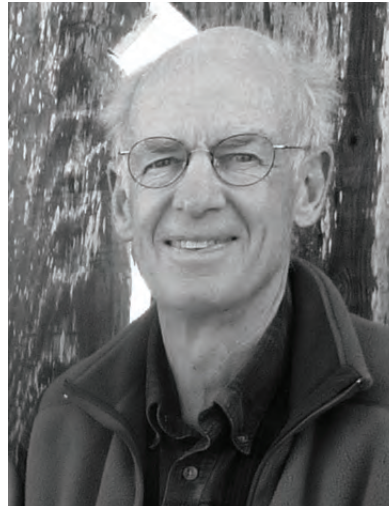
**Saturday and Sunday 10/16-17th
Art Span Open Studios 11-6pm for
"Photographer Unknown"**

M I L E S

Deceased



Glynn Jones
September
1977



Tom Vaughn



Joan Bard



Kate Coleman



Albert de la Pena



Kathy Dermitzakis



Padraic Doyle



Lee Hammack



Roger Kleid



Anthony Kline

T O N E S

50 Year Members
(*Golden Dolphins*)



Byron Van Alstyne
March 1960

Ted Connelly
April 1960



Anna Henry



Angelica Thieriot



Charles Martin



Will Powning



Tony Reveaux



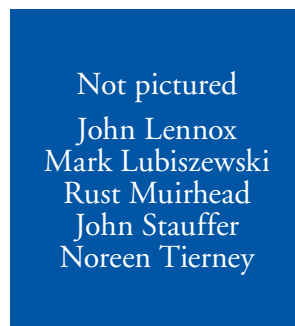
John Selmer



Susan Sward



Elizabeth Tippin



Life Member photos by John Perino

Emil Kehrlein, 1st President 1877-1878

Walter Schneebeili

Among the notable Californians featured in the San Francisco Chronicle in September 1918 was Emil Kehrlein, the owner of a series of theaters throughout the state and the first person “to apply music to moving pictures.” He had some other notable achievements, too.



Patriarch and club co-founder
Valentine Kehrlein

He was, for instance, the first president of the Dolphin Swimming Club.

Sometime in the 1870s, two German patriarchs, John Wieland, a successful brewer, and Valentine Kehrlein Sr., a realtor, were looking around for a healthy pastime for their sons. They found a suitable building just below the Kehrlein residence, at the junction of Beach and Leavenworth streets (it was called “Beach” street for good reason, as it lay along the waterfront) and here in 1877, they formed the Dolphin Club. Membership was limited to 25 young men, including Emil (22) and his three younger brothers, Valentine Jr., Joseph, and Boniface, and the two Wieland boys, Adolf and Hermann.

They began by organizing dances, picnics, boat trips and rowing and swimming events. Emil was part of the team that borrowed a boat and won the four-oared barge race in the city’s annual regatta in 1879—and this at a time when rowing—along with



Brother - Joseph Kehrlein

boxing—were the most popular sports in the town. There were even a few professional oarsmen. The only other event passed down to posterity during Emil’s presidency was the “first annual ball.” Dinner was served at midnight and the dancing continued until dawn. (It seems we have lost stamina over the



Brother - Boniface Kehrlein

years, although others say this schedule allowed guests to return home in daylight and avoid being mugged.)

By 1881, Emil, and possibly his brothers, had left the Club, although the annals don’t tell us why: some dispute among the primarily German families who dominated the Club’s early days perhaps. It couldn’t have been because he lost interest in waterborne activities, because Emil and Val immediately set about helping form the Triton Swimming and Boating Club close by, where the two brothers held various elected positions including president and captain. The Triton leased a lot 50 feet by 25 feet at the foot of Leavenworth where they constructed a “commodious boathouse.” And then a second one, after the first building burned down.

But in 1899, they were both asked to leave. It seems they were likely kicked out because they were discovered to be directors of the Twinkling Star Improvement Group. As Emil was a jewelry engraver, that would seem an innocuous enough

concern. However, the Twinkling Star was the owner of the newly opened Hotel Nymphia at 739 Pacific, where the activities of the 300 occupants were in accordance with its name. In fact the owners initially tried to call it the Hotel Nymphomania, but that was too much and the police declined a permit. It was said to be the largest establishment of its kind in the city.

The Nymphia was raided by the police in 1900 and the partners were sentenced to six months in jail, later reduced to a \$250 fine. The state-of-the-art bagnio continued with the blessings of the City fathers until it succumbed to the 1906 fire. More, and mind-boggling, details can be found in *The Barbary Coast* by Herbert Asbury published in 1933.

The Triton did not long survive after the Kehrleins’ departure and was soon dissolved. A year later Valentine and the younger siblings once again applied for, and were granted, membership of the Dolphin Club, but Emil stayed in the entertainment world where he started an opera house and a string of movie theaters, introducing live music to accompany silent movies. He died a respected gentleman in 1943, aged 88 years.



San Francisco Chronicle
acknowledges Emir Kehrlein
September 1, 1918

Tour du Roc a la Nage, Normandy

Morgan Kulla

Three-and-a-half hour drive west of Paris, Granville is a scenic beach town on the far side of Normandy, away from the D-Day beaches. Most visitors come for the amazing huge shellfish “plateau fruits de mer” or for the thalasso seawater treatments, famous at French coastal resorts since



Tour du Roc a la Nage Swim 2009, Morgan Kulla Author left, smiling at camera

the nineteenth century. But the Granville fishing harbor is also the starting point for a five-kilometer swim, the Tour du Roc a la Nage. Every July since 1953, swimmers have jumped in and headed out north around Pointe du Roc- a rocky peninsula topped by a lighthouse, museums, and monuments—and then back in at the beach below the thalasso spa at Plat Gousset.

I have visited Normandy every summer for 20 years, and twice did the swim when it was somewhat shorter, that is, before it became one of the jewels of the Coupe de France Eau Libre, a circuit of open-water events in France and its overseas territories, sanctioned by the French Swimming Federation. I had not swum such a distance since I left San Francisco to become a Foreign Service officer over 25 years ago. So last summer I decided to see if I could still do it.

After the Crissy Field swim in June, plus several 5000-meter pool workouts, my main worry was the water temperature. Two weeks before the swim it was still 15-16 C, about the same as the Bay. But by early July it had climbed to 17 C.



Photo by Morgan Kulla

Low tide at Granville, Normandy

On July 4th I got to Granville at lunchtime, only to find the harbor totally drained, all the fishing boats sitting at sad angles on the sandy bottom. As the sea began to trickle back in, I noticed the jellyfish floating in with the tide. To calm myself, I chatted with Hans from Dusseldorf and Stephane from Lyon. Hans, like me, was in Veterans 2 group (i.e. age 51-65); Stephane was in the next group Veterans 1 (age 35-50). There were, in order of descending age, Seniors, Juniors, Cadets, and the youngest, Minimes born 1994-1995.

About 4 p. m. we jumped into the choppy water, whose clarity allowed me unwelcome glimpses of the sea life below. Pilots in powerboats and kayaks helped swimmers not to stray from the buoy-marked course. A low tidal coefficient—a French index of the difference between high and low tides—on swim day meant that although we started at high tide and swam in the direction of the ebb, I did not notice much push. Mostly I swam alone, but did spot Hans a couple times and we waved. When I came to the channel into the beach, I was chilled but relieved to finish, at 1:27.16, sixty-first among over ninety swimmers. First in was a Veteran 1 man from Dieppe at 59.21, and second was a young woman from St. Lo at 1:01.09.

As first place Veteran 2 woman, my prize was a heavy cast trophy of a swimmer below “Le Roc” (a perfect door-stop) and a potted orchid! Although I was the sole Veteran 2 woman, I wasn’t in last and would have been 3rd in Veterans 1. The main thing was I finished. And I was back in Granville this summer on July 10th among the 134 swimmers at the “depart” of the 2010 Tour du Roc a La Nage, finishing 108th with a time of 1.31.20.

Anyone tempted?

For more information:

<http://www.ffnatation.fr/webffn/index.php>

<http://granville-natation.fr/>

Swim Commissioner's Report

Coughlin Carneval

In October of 2009 the swim commission met to set the yearly swim calendar. We thought it would be fun to add a short-distance swim in the summer time. We also responded to a request for an un-timed swim that would allow members to enjoy some unstructured, playful time out in the bay. A short warm-weather swim seemed like just the ticket. And then we decided to add in some activities and distractions along the way, including some team games and a couple of challenges for our overachievers. The Coughlin Carnival was born!

On Saturday, July 10, we set out from Coughlin Beach, located right behind the Wave Organ (east of the Golden Gate Yacht Club). Our swimmers had signed up for one of four events: The Sightseer, which included a treasure hunt; The World Cup, wherein two teams competed to be the first to get a water polo ball back to our beach; and two events for the bravest among us: the Coughlin Fly (butterfly all the way) and Coughlin I-M (switching strokes every two minutes to cycle through butterfly, backstroke, breaststroke, and freestyle).

Five swimmers were up to those last two challenges - Tom Keller, Michael Chase and Mike Silva for the Fly and Joe Spallone and John Stassen for the I-M. We had two teams of two for water polo, and everyone else enjoyed their freewheeling way back to the club. We supplied some waterproof cameras for our aquatic tourists to take snapshots. And we had a costume contest! It was judged a tie between the two entrants: Lorna Newlin as a buoyant bumblebee, and Emma Huckabay in yellow cap and fins as one of our charming South End neighbors.

Many smiling faces were evidence of the genuinely festive water fun that was had on our inaugural Coughlin No-timer. It seems likely this event will join our other traditional summer excursions so we recommend you start thinking about next year's costume right away: who will take the prize for sartorial splendor in 2011?

-John Ottersberg

DOLPHIN LOG SWIM STATISTICS

Yacht Harbor APRIL 25, 2010			33 Nancy Hornor 44:02	David Zovickian	The Long Course
1 Laurin Weisenthal 29:04	34 Mark McKee 44:10	HELPERS: Susan Allen, Rick	1 Mike Silva 28:48		
2 John Renko 30:52	35 John Hornor 44:18	Avery, Mary Cantini-Norkin,	2 Joel Bleskacek 29:09		
3 Laura Burtch 32:44	36 Alex Buehlmann 44:22	Bob Colyar, Gina Comaduran,	3 Dave Shutt 30:33		
4 Jonathan Ennis 33:46	37 David Hollembaek 44:52	Paul Davies, Suzie Dods,	4 Mickey Lavelle 31:39		
5 Michael Silva 34:52	38 Bob Colyar 46:10	Jim Frew, Joe Gannon, Sue	5 Jason Prodoehl 32:06		
6 Mickey Lavelle 35:26	39 Jackie Merovich 46:16	Garfield, John Hornor, Emma	6 John Mervin 32:14		
7 Joel Bleskacek 37:04	40 Michael Robinson 46:24	Huckabay, John Ingle, Krist	7 Gina Rus 32:58		
8 John Nogue 37:53	41 Naphtali Offen 47:20	Jake, Margaret Keenan,	8 John Stassen 33:31		
9 Eric Larson 38:08	42 Eric Shupert 47:58	Morgan Kulla, Jennifer	9 Michael Chase 34:07		
10 Gina Rus 39:05	43 Piper Murakami 49:04	Lamers, Eric Larson, Susan	9 Tom Keller 34:07		
11 Melissa King 39:16	44 Joseph Illick 49:08	Lauritzen, Lolly Lewis, Sarah	10 Tom Davis 35:11		
12 Suzie Dods 39:20	45 Anne Sasaki 49:31	McCuskey, Peter Neubauer,	11 Peter Yamamoto 35:42		
13 Beth Stein 39:28	46 Joe Gannon 49:32	John Nogue, Jim O'Connor,	12 Keith Nelson 37:00		
14 Nancy Cutler 39:30	47 Will Powning 50:02	Naphtali Offen, Pavla	13 Kristen Steck 38:35		
15 William Burke 39:48	48 Sue Garfield 50:22	Podolska, Daragh Powers,	14 Joe Gannon 39:34		
16 Luke Donovan 39:56	49 Kent Myers 52:16	Neal Powers, Robin Rome,	15 Hal Offen 40:43		
17 Margaret Keenan 40:00	50 King Sip 52:40	Gina Rus, Eric Shupert, Carrie	16 Matt Towers 41:12		
18 Larry Scroggins 40:16	51 John Ingle 52:56	Sloan, Liz Van Houten, Diane	17 James Barnes 44:14		
19 Joseph Spallone 40:36	52 Debby Rose 54:54	Walton, Janice Wood			
20 Kimberley Chambers 40:50	53 Mary Cantini-Norkin 54:57		PILOTS: Jay Adams, Ken		
21 Laura Merkl 41:06	54 Jim O'Connor 59:26		Coren, Margaret Keenan,		
22 Julian Sapirstein 41:08	55 Sarah McCuskey 1:03:58		Daniel Madero		
23 Sunny McKee 41:14	PILOTS: Marcus Auerbuch,	Dick Beeler Crazy Cove	HELPERS: Rick Avery, Joel		
24 Rick Avery 41:26	Peter Bianucci, Jon Bielinski,	MAY 16, 2010	Bleskacek, Thomas Davis,		
25 Pete Perez 41:33	Paul Brady (test swim), Laura	The Short Course	Joe Gannon, Nancy Hornor,		
26 Roxanne Phifer 42:00	Burtch-Zovickian (test swim),	1 Kent Myers 24:49	Douglas James, Melissa		
27 Dean Badessa 42:10	Barry Christian, Richard Cooper,	2 Nancy Hornor 25:30	King, Jennifer Lamers, Susan		
28 Morgan Kulla 42:26	Duke Dahlin, Colin Gift, Mark	3 Gerard Navarro 25:42	Lauritzen, Lolly Lewis, Sunny		
29 Keith Nelson 43:00	Gustin, Donald Harrison, Reuben	4 Gretchen Coffman 25:46	McKee, Mark McKee, Kent		
30 Krist Jake 43:36	Hechanova, Brian Herrick,	5 John Hornor 26:04	Myers, Joey Navarro, Keith		
31 Joni Beemsterboer 43:39	Douglas James, Kevin Leeper,	6 Robin Rome 26:38	Nelson, Joe Omran, John		
32 Joanne Carr 43:54	Robert Mackey, Scott Nadig,	7 Mark Gustin 27:12	Ottersberg, David Shutt,		
	Daniel Osborne, John Ottersberg,	8 John Nestor 27:25	Mike Silva, Carrie Sloan, Fred		
	Neal Snyderman, Diane Walton,	9 Cheryl Wallace 28:44	Stemmler, Matt Towers		

DOLPHIN LOG SWIM STATISTICS



Photo by Meg Reilly

Over-60 swimmers warming up

Over 45-Gas House Cove JUNE 5, 2010

1	Laura Burtch	20:30	39	Janice McCall	32:24
2	Chris Wagner	21:17	40	Will Powning	33:38
3	David Rich	21:24	41	Lorna Newlin	34:05
4	Nancy Lewis	21:27	42	Sue Garfield	36:07
5	Paul Vanhoven	22:20	43	Debra Rose	37:27
6	Paul Davies	22:32	44	Peter Bianucci	37:28
7	Mickey Lavelle	22:36	45	Mary Cantini-Norkin	39:57
8	Julian Sapirstein	22:44	46	Athena Kyle	40:13
9	David Shutt	23:57	47	Janice Wood	41:05
10	Terry Horn	23:58	48	King Sip	42:33
11	Morgan Kulla	24:48	49	Daragh Powers	44:28
12	Andy Stone	24:55	49	Neal Powers	44:28
13	Gina Rus	25:03	50	Sarah McCuskey	50:31
14	Daniel Madero	25:34	PILOTS: Lindsay Anderson,		
15	Margaret Keenan	26:02	Jon Bielinski, Michael Chase,		
16	William Burke	26:12	Barry Christian, Richard Cooper,		
17	Ian MacLean	26:13	Reuben Hechanova, Brian		
18	Keith Nelson	26:48	Herrick, Brett Hillyard, Douglas		
19	Jay Adams	27:03	James, James Lamb, Charlie		
20	Nancy Hornor	27:28	Lakamp, Mary Magocsy, Scott		
21	Kenneth Coren	28:22	Nadig, Diane Walton, Robert		
22	Krist Jake	28:25	Weil, Madhuri Yechuri, David		
23	Jim Frew	28:44	Zovickian		
24	John Hornor	29:16	HELPERS: Susan Allen, Joel		
25	Joni Beemsterboer	29:19	Bleskacek, Paul Brady, Philip		
26	Philip Coyle	29:46	Coyle, Paul Davies, Luke		
27	Joseph Illick	29:56	Donavan, Kenneth Frank, Nancy		
28	Peter Neubauer	30:19	Friedman, Dawn Holley, Keith		
29	Mark Gustin	30:19	Howell, Krist Jake, Wendy		
30	Kenneth Frank	30:21	Katzman, Morgan Kulla, Athena		
31	Cheryl Wallace	30:32	Kyle, Susan Lauritzen, Lolly		
32	Mark Lubiszewski	30:33	Lewis, Cesar Manzano, Jackie		
33	Jackie Merovich	30:35	Merovich, Keith Nelson, Peter		
34	Mark Robinson	30:38	Neubauer, Lorna Newlin,		
35	Robin Rome	30:40	Roxanne Phifer, Daragh Powers,		
36	Kent Myers	30:46	Neal Powers, Will Powning,		
37	Piper Murakami	31:26	Robin Rome, Anne Sasaki,		
38	James Barnes	31:40	King Sip, Carrie Sloan, Paul		
		31:42	Vanhoven, Cheryl Wallace, Diane		
			Walton, Michael Weiner, Peter		
			Yamamoto, Madhuri Yechuri		

Walt Schneebei Over 60 Cove Swim JUNE 27, 2010

COMMODORE'S COURSE

1	Louis Marcelli	5:56
2	Polly Rose	5:58
3	Walt Schneebei	6:38
4	John Davis	6:50
5	Charles Korelec	9:51
6	Robert McKenzie	9:55
7	Sara Morris	10:40
8	Michael McElligott	10:48

SHORT COURSE

1	Toni Garrett	16:48
2	Loretta Madden	16:57
3	Jack Bettencourt	22:03
4	Daragh Powers	22:10
5	Mary Lou Hirschfeld	23:47
6	Keith Weaver	27:16

LONG COURSE

1	Julian Sapirstein	17:00
2	James Hulihan	17:48
3	Terry Horn	18:03
4	Andy Stone	18:16
5	Tom Hofmann	18:41
6	Kate Coleman	18:45
7	Krist Jake	19:31
8	Neal Powers	19:36
9	Joni Beemsterboer	19:37
10	Daniel Osborne	20:08
11	Pete Neubauer	20:41
12	Ken Coren	20:51
13	Peter van der Sterre	20:53
14	Kenneth Frank	20:59
15	Tom Callinan	21:00
16	Phil Fernandez	22:35
17	Robin Rome	24:23
18	Keith Howell	24:31
19	Gail Grynbaum	26:16
20	Pete Bianucci	26:19
21	John Nestor	27:00
22	John Theede	28:30
23	Jim O'Connor	29:29
24	Janice Wood	29:46

PILOTS: Jay Adams, Lindsay Anderson, Dean Badessa, James Barnes, Jon Bielinski, Gretchen Coffman, Reuben Hechanova, Charles Lakamp, Marla McGowan, Kent Myers, Emily Roth, Diane Walton

HELPERS: Kimberley Chambers, Kate Coleman, Luke Donovan, Kenneth Frank, Nancy Friedman, Joe Gannon, Libbie Horn, Melissa King, Morgan Kulla, Lolly Lewis, Janice McCall, Peter Neubauer, Lorna Newlin, Jim O'Connor, Joseph Orran, Miriam Osborne, John Ottersberg, Daragh Powers,

Neal Powers, Meg Reilly, John Stassen, Diane Walton, Darcy Wettersten

Coughlin Carnival JULY 10, 2010

COUGHLIN FLY

Michael Chase	23:17
Mike Silva	24:21
Tom Keller	24:35

COUGHLIN I-M

John Stassen	24:46
Joe Spallone	28:33

WORLD CUP

Kent Myers, Gerard Navarro, Naphtali Offen, Andy Stone

SIGHTSEER/TREASURE HUNT

Rick Avery
Winner, Treasure Hunt (10 trinkets)
Emma Huckabay Winner, Costume Contest
Lorna Newlin
Winner, Costume Contest
Jay Adams, Susan Allen, Dean Badessa, Bob Blum, Kate Coleman, Rick David, Luke Donovan, Jim Frew, Joe Gannon, Dawn Holley, Terry Horn, John Hornor, Nancy Hornor, John Ingle, Krist Jake, Margaret Keenan, Charles Lakamp, Eric Larson, Mark Lubiszewski, Ian MacLean, John Mattox, Janice McCall, Kevin Ness, Jim O'Connor, Roxanne Phifer, Will Powning, Jamie Robinson, Debra Rose, Matt Towers, Cheryl Wallace, Janice Wood

Pilots: Marcus Auerbuch, Jon Bielinski, Barry Christian, Tom Davis, Jim Frew, Reuben Hechanova, Doug James, Liz Kantor, Daniel Madero, Jackie Merovich, John Ottersberg, Pete Perez, Emily Roth, Bill Schroeder

Also thanks to our two friends from the SERC, Rafe and Naji!
Helpers: Keith Benson, William Braconi, Kenneth Coren, Aaron Foltz, Joe Gannon, Larry Heine, John Hornor, Nancy Hornor, Emma Huckabay, Krist Jake, Margaret Keenan, Melissa King, Charles Lakamp, Lolly Lewis, Laura Merkl, Jim O'Connor, Naphtali Offen, Debra Rose, Gina Rus, Sky Stanfield, Andy Stone, Matt Towers, Diane Walton, Janice Wood

SWIM STATISTICS

Bay Bridge Swim JULY 17, 2010

1	Tom Keller	44:45
2	John Ottersberg	45:16
3	Laura Burtch	46:46
4	John Selmer	47:21
5	Joel Bleskacek	49:52
6	Mickey Lavelle	50:15
7	Eric Larson	50:55
8	Jason Prodoehl	51:15
9	Luke Donovan	51:47
10	Andy Stone	52:55
11	Charles Lakamp	53:20
12	Gina Rus	53:30
13	Joseph Spallone	53:52
14	Margaret Keenan	53:56
15	Kate Coleman	54:04
15	Pat McGarvey	54:04
16	Ian MacLean	54:21
17	Gerard navarro	56:04
18	Jay Adams	56:56
19	Kimberley Chambers	57:09
20	Rick Avery	57:50
21	Ken Coren	58:52
22	Pete Perez	59:03
23	Alex Buehlmann	59:05
24	Dean Badessa	59:42
25	Pete neubauer	1:01:16
26	Naphtali Offen	1:01:47
27	Joanne Carr	1:02:11
28	Kent Myers	1:04:25
29	Joe Gannon	1:04:26
30	Keith Nelson	1:04:47
31	Eric Shupert	1:09:11
32	John Ingle	1:10:45

Pilots: Marcus Auerbuch, Jon Bielinski, Paul Brady, Barbara Byrnes, Barry Christian, Don Harrison, Reuben Hechanova, Paul Irving, Doug James, Liz Kantor, Athena Kyle, John Latta, Mark Lubiszewski, Bob Mackey, Mary Magocksy, Scott Nadig, Dan Osborne, Emily Roth, Bill Schroeder, Diane Walton, Keith Weaver, Bob Weil, Connie Wellen, Dave Zovickian

Helpers: Jay Adams, Susan Martin Allen, Rick Avery, Stacey Camillo, Pam Derks, Joe Gannon, Tom Keller, Tracie Klein, Susan Lauritzen, Lolly Lewis, Jackie McEvoy, Laura Merkl, Neal Mueller, Peter Neubauer, Naphtali Offen, Arnie Oji, Mimi Osborne, John Ottersberg, Pavla Podolska, Neal Powers, Jamie Robinson, Robin Rome, Polly Rose, Jeff Russell, Eric Shupert, King Sip, Carrie Sloan, John Street, Nobu Takahashi, Cheryl Wallace, Diane Walton, Connie Wellen, Janice Wood

Crissy Field

AUGUST 7, 2010

1	Suzanne Heim	56:32
2	John Selmer	1:10:12

3	Joel Bleskace	1:16:28
4	Duke Dahlin	1:16:52
4	Mickey Lavelle	1:16:52
6	Daniel Considine	1:17:47
7	John Stassen	1:18:12
8	Joe Omran	1:25:28
9	Larry Scroggins	1:26:37
10	Laura Merkl	1:26:52
11	Kate Coleman	1:26:56
12	Charles Lakamp	1:28:20
13	Bill Burke	1:29:40
14	Tom Keller	1:29:44
15	Pat McGarvey	1:29:50
16	Andy Stone	1:31:46
17	Neal Powers	1:31:58
18	Kim Chambers	1:32:12
19	Suzie Dods	1:32:48
20	Roxy Phifer	1:32:53
21	Dawn Holley	1:34:59
22	Racheal Perry	1:36:42
23	Tom Davis	1:37:43
24	Bob Blum	1:38:06
25	Pete Perez	1:39:18
26	Jay Adams	1:40:05
27	Tom Rodgers	1:40:34
28	Ken Coren	1:43:10
29	Joanne Carr	1:43:28
30	John Ingle	1:47:45
31	Joe Gannon	1:48:54
32	Dean Badessa	1:50:45
33	Mike Robinson	1:51:09
34	Pete Neubauer	1:59:44
35	Hal Offen	2:00:22
36	Mark Lubiszewski	2:04:32
37	Will Powning	2:05:18

PILOTS: Marcus Auerbuch, Jon Bielinski, Barbara Byrnes, Barry Christian, Gary Ehram, Don Harrison, Reuben Hechanova, Terry Horn, Liz Kantor, Margaret Keenan, John Latta, Ian MacLean, Mary Magocksy, Charlie McIntyre, Gerard Navarro, John Ottersberg, Bill Schroeder, Diane Walton
HELPERS: Jay Adams, Susan Allen, Rick Avery, Keith Benson, John Blackman, Bob Blum, Kim Chambers, Duke Dahlin, Suzie Dods, Jim Frew, Joe Gannon, Brian Gilbert, Reuben Hechanova, Suzanne Heim-Bowen, Keith Howell, Emma Huckabay, John Ingle, Margaret Keenan, Tom Keller, Susan Lauritzen, Lolly Lewis, Daniel Madero, Jackie McEvoy, Pat McGarvey, Laura Merkl, Kevin Ness, Pete Neubauer, Jim O'Connor, Hal Offen, Arnie Oji, Joe Omran, Roxy Phifer, Neal Powers, Polly Rose, Julian Sapirstein, Anne Sasaki, Eric Shupert, King Sip, Carrie Sloan, Sky Stanfield, Andy Stone, Stephen Stout, Diane Walton, Elizabeth Zamos

ROWING RESULTS

May 15th, Pacific Coast Rowing Championships,
Lake Natoma, Sacramento

Distance: 2K

Event: MM1x B-E* (Men's Single Age Group B-E are the ages 36-59)

Dolphin Rower: Joe Abrams

Place: 3rd

Time: 7:54.0 (Handicapped)

May 22nd, Gold Rush Regatta,

Lake Natoma, Sacramento

Distance: 1K

Event: MM1x B-C (Men's Single Ages 36-49)

Dolphin Rower: Joe Abrams

Place: 2nd

Time: 3:49.0

July 11, SouthWest Regional Championships,

Lake Merritt, Oakland

Distance: 1K

Event: MM1x

Dolphin Rower: Joe Abrams

Place: 1st

Time: 3:52.61

Event: MM4x

(Quadruple Scull - 4 rowers with 2 oars each, no cox)

Dolphin Rower: Joe Abrams

Place: 1st

Time: 3:13.14

Dolphin rowers Mag Donaldson & Andy Kerr participated in team boats for Marin Rowing.

*Masters flatwater racing results are handicapped based on US Rowing's age based handicap system A ages 27-35, B 36-42, C 43-49, D 50-54, E 55-59, F60-64, G 65-69, H 70-74, I 75-79, J 80+. Any rower who races in a multiple age category, i.e. WM1x B-C, knows that her time will be handicapped. If she is a B time will be added to her actual finish time.

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PRESIDENT'S REPORT

Ken Coren

Yummm

Jim Frew showed up at July's first Happy Hour with 18 round balls of homemade dough, a bowl of red sauce and a wide variety of cheeses, vegetables, meats and fish. He disappeared into the galley with sous chef Cynthia Skovlin, heated up both his baking stones and began to work magic. For the rest of the evening, a delicious variety of unique pizzas flowed into the boathouse, two by two, as if into Noah's Ark.

After the 16th pizza, folks simply could not eat anymore. Hard to believe given the heralded appetites of the Dolphins and South Enders gathered at the bar. Hard to believe, but not unprecedented. At a Happy Hour in the Spring Dave Hollemback showed up with a few of his former schoolmates, laden with abalone. They pried, pounded, fried and served up the most tender, tasty and plentiful display of abalone ever to grace our humble tables. The gathered ate the rare delicacy, fettered only by their prodigious appetites. From my vantage point behind the bar that evening, I witnessed something I had never seen, heard of, or imagined before: left over abalone.

When I first joined the Club a couple of decades ago, a group of guys would gather every Friday night to cook their dinner. Rest assured, these were not foodies. If Dino was driving down from the north country, the main course was likely to be the wild boar, feral turkey or deer he happened to nail with his truck on the way. Nevertheless, the food was plentiful, hearty and delicious. Even better was the company, which would vary, but Herman, Cecco, one or another Dino, Lou, and Stan, were pretty consistent. Did I mention the ample flow of Pecan Punches, followed by house red? Nobody was invited, yet all were welcome. It was just Friday night. Not unlike like any ordinary Thursday when Moon would

serve up lunch.

All creatures are hard-wired to feel hunger on a regular basis. Mother Nature has supplied taste buds and other sensory equipment to lead each species to seek and eat what is appropriate for them. So much for subsistence and survival. Since we have to eat, why not make the experience as tasty, sensuous, and enjoyable as possible?

Show up for Boat Night on any given Tuesday for a feast put out by Connie Wellen, Jan Adkins, or any number of guest chefs. Snag a ticket for Old Timers' to feast on the Sanciminos' crabs, or any one of our other great parties for culinary delights, prepared for hundreds, by Mimi Osborne or Robin Rome. Leave all you've got in the Bay during an out-of-cove and grab some of Dan Osborne's or Andy Stone's oatmeal, or Carrie Sloan's french toast, or Madhuri's homecooking. Disregard all common sense and join in on one of Andy Schwaab's running training sessions, complete with a multi-species barbecues reminiscent of the walls at Foster's in Rio Vista. Or maybe just get lucky and show up in the galley on an evening when the Commodore is making calamari, the Pod has finished swimming, or Mike Dixon or John Ingle are cooking just about anything.

Great stuff for those who are eating,



but what's really going on here? Most all good food preparation is arduous, time consuming, and sometimes dangerous work. Phil Kohlenberg's breads would take days to prepare. Ralph Wentzel gets up well before dawn to bake those unbelievable cakes that keep showing up at our parties.

Food keeps us alive, but as M.F.K. Fisher wrote: "There is a communion of more than our bodies when bread is broken and wine is drunk" Cooking for people that you care about lets that communion happen and for that reason is a privilege. The cook gets to use hands, heart and mind to communicate their care, concern and joy to the deepest parts of all who have gathered.

So thank you, Tom Keller, Margaret Keenan, Peter Van Der Steer, and all else who worked so hard on our galley renovation so the love will continue to flow.



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2010 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thur, 8:30 am	New Year's Day Alcatraz
Jan 23	Sat, 8:30 am	Pier 41
Feb 14	Sun TBD	Old Timer's Lunch
Feb 28	Sun	Gashouse Cove
Mar 21	Sun, 7:30 am	Pier 39
Mar 21	Sun	Polar Bear Swim Ends
Apr 25	Sun, 7:30 am	Yacht Harbor
May 16	Sun, 8:00 am	Dick Beeler Crazy Cove
May 30	Sat, 7:45 am	Bay Bridge
Jun 1	Tue	100-Mile Swim Begins
Jun 5	Sat, 5:00 pm	Over 45 Twilight Gas House Cove BBQ
Jun 27	Sun, 8:00 am	Walt Schneebly Over 60 Cove
Jul 10	Sat, 8:30 am	Coughlin Beach Swim
Jul 17	Sat, 7:30 am	Bay Bridge Swim
Jul 17	Sat, TBD	Trans Tahoe Relay
Jul 31	Sat, TBD	Santa Cruz One Mile
Aug 7	Sat, 7:30 am	Crissy Field
Aug 21	Sun, 7:30 am	Fort Point
Aug 28	Sat, 8:00 am	Alcatraz
Oct 2	Sat, 8:00 am	Escape from Alcatraz Triathlon
Oct 16	Sat, 8:40 am	Joe Bruno Golden Gate
Oct 23	Sat, 9:00 am	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 13	Sat, 5:00 pm	Pilot Appreciation Dinner
Nov 25	Thur, 7:30 am	Thanksgiving Day Cove
Nov 26	Fri	Grizzly Bear Challenge
Dec 19	Sun, 9:00 am	New Year's Day Qualifier
Dec 19	Sun, 10:30 am	Holiday Brunch Party
Dec 21	Tue	Polar Bear Swim Begins
Dec 31	Thur 11:59pm	Grizzly Bear Challenge Ends

ROWING TRAINING

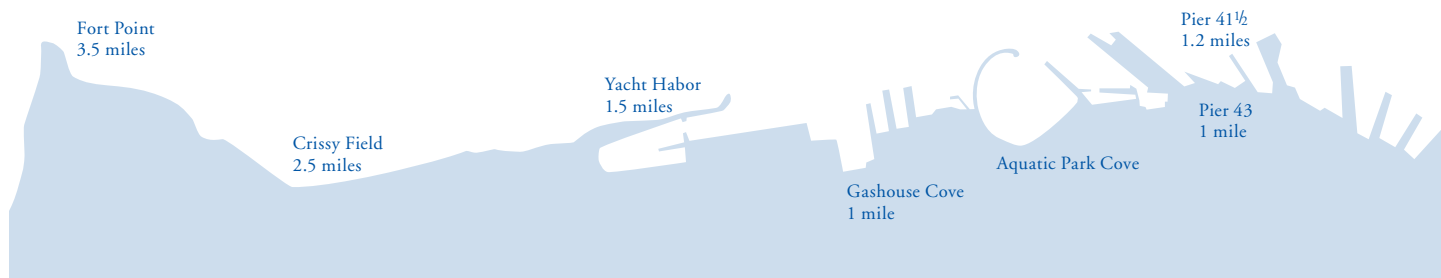
On the these Saturdays
beginning at 9:00 am:

January 22, Saturday
February 20, Saturday
March 20, Saturday
April 24, Saturday
May 22, Saturday
June 19, Saturday
July 24, Saturday
August 21, Saturday
September 18, Saturday
October 23, Saturday
November 20, Saturday
December 18, Saturday

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
 2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
 3. For out-of cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
 4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
 5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
 6. Swim sign-up sheets are posted two weeks prior to each swim.
 7. Time limits are imposed and enforced for all swims.
 8. All club boats are reserved for scheduled swims.
- Additional qualifications for Alcatraz and Golden Gate Swims
9. In-town members must successfully complete three swims and pilot or help on at least two others.
 10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.

*All times are approximate & subject to change.
TBD means "to be determined".*



FALL 2010

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log
Keith Howell, *Editor*
Joe Illick, *Editor*
Sunny McKee, *Graphic Designer*
Susan Cobb-Frederick, *Proofreader*;

Lolly Lewis, *Swim Stats*

Contributing Historian
Walter Schneebeil

Published By
The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109
www.dolphinclub.org

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The Kohlenberg Launches!

Epic vibrations were everywhere on Oct. 17th., as if the Gods knew we were gathering for our final tribute to one of the Dolphin Club's great, late gray-beards. The event was the christening of The Kohlenberg, our first Viking-style single. The boat was built in honor of Phil Kohlenberg—

mythic Dolphin raconteur, rower, slow (but dedicated) swimmer, baker, film buff, walking library, and all-around expert on virtually any subject broached in the sauna.

To mark the day, Gary Ehram brought in a year's worth of abalone catches, totaling nearly 40 pounds. There were 50 massive loaves of freshly baked bread, in honor of Phil's chronic baking vigils. Helping to wash it all down were 50 bottles of galley-brewed mead, shining with custom-designed labels, from Renee deCossio, showing Phil at the oars near the Golden Gate. Even the skies cooperated with the first real Fall storm, raining down heavy tears of remembrance and joy.

When it came time for the christening, the boat was wheeled down the ramp and Phil's longtime friend and rowing partner, Ed deCossio, took the oars. The rains got heavier; mead was poured over the bow; Ed smiled, and shot toward the goal posts. The Kohlenberg took nearly two years of work from Marshall boatbuilder Jeremy Fisher-Smith; she is now the fastest lapstrake single in the Dolphin fleet.

The four-year campaign to fund, and then build, The Kohlenberg stirred interest throughout the club, and far beyond. Numerous merchants around the city donated goods and assistance—the final touch, for the bread, coming from the San Francisco Baking Institute in South S.F. When I told SFBI's director, Michel Suas, that I wanted to bake 50 loaves of bread at his baking school, initially he wasn't too thrilled with the idea. Then I told him about Phil, and how he used to stay up all night to bake naturally yeasted loaves to feed hungry swimmers. "OK," Suas said. "I do not do this for you. I do it for your friend."

-Todd Oppenheimer



The Big Wave

"Do you want 'minimum wake?" the pilot aboard the container ship asked as the huge container ship approached the bridge. He was concerned about the last swimmers struggling to finish this year's Bridge swim, and communicating with Reuben Heachova in the club's Arion.

"No, that's ok," responded Reuben, not wanting the club to get a reputation as a nuisance with the Vessel Traffic System.

He won't make that mistake again.

Aboard the Celebration on the Bay, the swimmers already aboard were busy celebrating when a wall of water at least ten feet high first appeared rushing toward us.

Janice Wood: The outline of the building on top of Lime Rock is a wonderful sight. My first Golden Gate swim had been tough, trying to remember how to breathe in the chop, reverting to the breaststroke as I continued to inhale and swallow water. Pilot Lyrinda Snyderman was with me, full of encouragement and assurance that I was actually making headway. King Sip and I had been passing each other back and forth, as she calmly breaststroked along, smiling all the way as if she were swimming in a warm lagoon. And now it looked like we were both going to make it.

"Suddenly I was on top of a huge wave, watching the rowboat in front of me teetering. I was sure it was about to capsize and I wondered if I'd be able to help whoever was aboard. The second wave showed me that everyone was still floating, and I yelled, "What the hell is going on?" Was it an earthquake? The end of time?

My panic went away fast as I looked around and saw all my friends smiling from their boats and kayaks. Jon, Reuben, Gary...everyone smiling and looking calm.

I can't remember how long I swam after the wave hit, but at some point I was close enough to Michael Chase's kayak and grabbed on to the line. My new best friend towed me to the boat, and I got to wave to the timers, who yelled my stick number. Tired or not, that's a great ride.

On the boat ride home I was busy trying to get dressed with cold fingers and trying not to vomit all that sea water. The wave was forgotten, but for those of us who got to ride it, the Big Wave is a story to keep us smiling for years to come.

Lorna Newlin: The Golden Gate Bridge is my favorite swim of the year. It's so exciting to swim under such an iconic structure. My first of many was in 1983, but I still get nervous. I was relieved to see Lime Rock but the next thing I knew I was going backwards, being swept due south maybe 50 yards, like being in an infinity pool. I struggled back to Lime Rock, when glancing to my right I saw a rowboat I thought was about to crash down me. I screamed. I later learned the scream was heard on the ferry boat. I thought the rowboat would hit me, or I would be pummeled onto the rocks. Well neither happened, the pilot, Jon Grunstad, said, "swim to his boat," I said I couldn't, and then he said to grab the oar. Of course the oarlock came out, the boat was rocking, so he told me to go to the bow. Later Reuben said I could have capsized him by being at the bow, but Jon rowed me away from the rocks before another surge might pin me between them and the boat's stern. I later learned Jon is an ex fire fighter and paramedic, so I was in good hands. Since my legs were

cramping, I went hand over hand to the stern, and like a typical Dolphin swimmer, I asked him to go to the finish boat, I still wanted credit for finishing. Then it was on to the ferry boat. My legs were really cramped by now, so it was hard to climb the ladder. But it was just great to be on the boat with everyone what an exciting swim!

-Lorna Newlin



Swimmers Tom Keller, John Ottersberg, Mike Chase and Mike Silva

For BayKeeper

Dwight Clark had just immortalized The Catch and transformed a decades old misery-laden crowd. Candlestick Park was blazing and I was there. Standing four foot something, I missed the actual catch as a bunch of adults were standing and jumping, hugging and weeping in front of me. Still, even at nine, I was well schooled in the fine arts of heartache.

Giants baseball provided the same emotive sea change. While the rest of the country discounted the team as a bunch of jokers. We fought against odds, and we won. Similarly, another David has continually fought a Goliath more threatening and powerful than the top of the Phillies line-up or the Cowboys' defensive line. Baykeeper (BK) has pitted their mettle against pollution in our bay and recently won a profound settlement to clean up the Ghost Fleet near Vallejo that has been haunting the health of our waters for decades. The Dolphin Club has had a loose affiliation with BK over the years, but like our Giants, DC members have recently come out of nowhere to support this vital organization to the tune of almost \$25,000, creating and participating in several swimming events that also defied odds, tradition, precedent and logic.

Faithful fans usually resent those who jump on the bandwagon and I plead a little guilty, but hopping aboard the Baykeeper bus and contributing to its success is a trend all Dolphins should join and celebrate. The limits of how you can support BK and the health of our swimming hole are as far reaching as your imagination. Sharing the experience of a swimming feat through the DC and for Baykeeper with other 'phins recalls the collective joy felt by our City upon winning championships.

The latest swim was the Inaugural TransBay Relay, 09/10 with three Dolphin Club Teams racing from ? to ?.



So if you have the gumption and lack the necessary brain cells for rational thought, dream up a relay or individual event, support Baykeeper, and get out there and swim one for the Flipper.

-Tom Keller

Mural Half Hidden

Glad that you like our work-in-progress! Erica Drewes and I did it, but it was only one session, and although it looks so scintillating, it needs another few hours to tidy it and subdue it. I am leaving for Italy tomorrow and won't get to it until I return (24th). Hopefully it looks ok until then. I just couldn't go in that sad bathroom, and thought how nice to feel that I was on the dock at sunset when nature calls. (Ha Ha). The other bathroom will have a lot of black-framed LOG covers and be painted a sky blue. Maybe clouds? One has a choice of ambience.

-Robin Rome

Art at the Club



A Great Way to Feed the Club Building Fund! The weekend of October 16 and 17 was a busy one at the club. A successful Golden Gate swim on Saturday, the Kohlenberg launch on Sunday –and Dolphin artists displaying their work on both days as part of San Francisco Open Studios 2010. We are happy to report that the several goals for the Dolphin Open Studios were realized. First, it was an excellent opportunity to see the “other side” of Dolphin members. It turns out that many of our artists incorporate swimming, boating, Bay and sea life themes into their art work. In short, members enjoyed seeing and buying member work. Secondly, the audience included non-member visitors, many of whom had never visited the Dolphin Club before. These folks were hugely impressed with the Club and its activities, and pleasantly surprised by the warm welcome they received. Third, participant artists donated 15% of their sales to the Dolphin Club Building Fund. Donations totaled \$888 in cash, plus a number of small pieces of artwork donated by participating artists to be auctioned off for benefit of the Building Fund. Thanks to all the Dolphin artists who participated and to all the Dolphin art patrons who made the show a success.

-Meg Reilly

Along the Edge

It's hard to imagine on a gorgeous day like today, when you can see a hundred miles in any direction, when the Municipal Pier looks just a stone's throw away: seems like getting lost would simply be impossible. Our little cove, bounded safe on all sides, has only the 50 yards or so of the opening between the pier and the breakwater giving access out to the "real" bay; there's just no possible way to get lost.

I'm used to getting in the bay when it's still dark, in all kinds of weather, so the fog coming in from the ocean didn't make me nervous. "Just another morning," I thought. You walk down the stairs and get in, regardless. Might be flat, might be choppy, a drag when it's really windy but morning is usually the calm part of the day: the winds come up as the day goes on. Sometimes waves are breaking, sometimes the shore is like a lake. Cold, but of course it's always cold. You simply walk in until the water is up to your waist, then tip over and off the precipice you go. Once I'm in I like to swim for a while before stopping, get a rhythm going and stroke through the first constricting flash of chill and then the muscle-tightness in my arms and thighs until I transition into the comfort of motion. As usual I kept my head down for the first half mile or so. Generally I have a good idea of which way the water will be moving, and on this morning I knew it was coming in. I stayed along the shore at first, to swim against the least of the current on the way out from our pier. I passed all the normal landmarks, not really paying attention but noticing the bright bulbs of the Ghirardelli sign still lit up in the semi-darkness of dawn. At the end of the beach I rounded the flag buoy and headed north to catch a ride in the strong current coming in from the Golden Gate. It's a bit of a slog to swim against the tide, so I love the moment when I get to the boat at the farthest northern corner of my triangle. I hurl myself around the

buoy and let the current zip me home. One of my favorite things. I drifted for a while, enjoying the float, carefree.

Suddenly it hit me: I couldn't see anything.

While I was swimming the fog had descended like a heavy curtain all the way down to the water. I looked back, but I couldn't see the boat I'd just passed, nor the next one coming up. I knew I was pretty far northwest, close to the Muni Pier and to the end of Van Ness, but I couldn't see either landmark. Nothing: no shore, no ships, no pier, no boats. Just the surface of the water, gently moving with the swells, and the thick blanket of iridescent morning fog. White in all directions. The whole world had disappeared.

I turned around and around, looking for landmarks and seeing none. Soon I had no idea which way was which. I could feel panic peeking around some corner of my mind, a seductive whisper, enticing me. It's very tempting to let go, let the disorientation turn to alarm. Like flipping a switch and your heart starts racing and your breath gets all shallow and a frenzied imagination can take control in an instant. What if I was not in the cove? What if somehow I'd managed to drift through the opening? Images of sea lions and speedy rowboats came at me from the mist. What-ifs from all directions. Better swim, swim fast, swim to shore, get away! Except – which way?

I fought the impulse to go, anywhere, randomly. Trust the tide, I told myself, it is coming in, you will either get to the Balclutha or the beach if you just let yourself drift. So I rested, lulled by the calm and eerie stillness of fog on the water. I could hear muffled sounds from far away – waves sloshing against boats and the foghorn from the bridge – but they were part of a world I'd left behind, like a half-remembered dream. I was enveloped in complete solitude, a glowing purgatory. Sure enough, though, before too long (an eternity!, but really probably a minute or two) one of the Sea Scouts' whale boats

emerged out of nowhere in front of me. Oh you beautiful little boat! You doorway out of this spooky wilderness! I followed the current now and drifted through the mist past that boat, riding the flood toward the real world and the shore, and swam safely home.

-Lolly Lewis

Swimming with Pete Seeger

On July 31 this year, I had the privilege of swimming with about 250 others across the Hudson River, from Newburgh to Beacon, in the 7th annual Riverpool Swim. It's an easy swim by Dolphin standards: about a mile across, with just enough downstream current to remind you where you are. The air temperature was about 85, and the water was 80 (considered by some people to be normal swimming conditions).

Before the swim we got to sing along with Pete Seeger: "This Land is Your Land", of course, as well as a Pat Humphries song, "Swimming to the Other Side". We finished with a new song Pete had written for a Gulf oil spill fundraiser. After 20 minutes singing with a man we all loved, we were ready to fly across the water.

Pete, now 92, has lived in Beacon for years, and started collecting money to save the severely polluted estuary in the mid-sixties. He built his sloop Clearwater from donations collected at Clearwater Music Festivals along the Hudson River Valley. The sloop is still used today as a floating environmental classroom for children and adults. With Pete aboard, Clearwater accompanied us on our swim.

A sister sloop, the Woody Guthrie, was built in 1978, and provides free evening sails as an additional educational service. Its red sails guided us across the river.

For me, the swim was a personal victory. Two years ago, I went to watch my friend Judy do her second Hudson swim. We had learned to swim together at Girl Scout camp in nearby Harriman State Park (I still swim my own version of the slow Te-Ata crawl today.) I had just started swimming in the cove at that time, but decided, as

we rounded the hill in Newburgh to go down to the river, that I couldn't make it across. This year as we drove down the same hill, the swim looked so easy. And in fact it was. We were reminded repeatedly that "This is not a race", and I took that seriously, floating on my back for a while to enjoy the view, chatting with other swimmers along the way. My official time was 53'17", in the last third (but 5 minutes ahead of my friend!).

The dream of River Pool (riverpool.org) is to build a floating pool in the river, reminiscent of early twentieth century bathhouses. For now, there is a 20-foot prototype pool for children, which is open at no charge to the community all summer. It was first installed in

2006 and opened to the public the following year. The swim is a fundraiser to support the pool and the surrounding park, and to continue the development of the full-sized pool. As Pete says, "The more people swim in the river, the more people will be pushing to clean it." Check out riverpool.org.

And if you're ever in the area in late July, do the swim. If you're lucky, Pete will still be there to sing for you.

-Janice Wood



Our Man in Goteborg



In 2006 quite a few Dolphins participated in the FINA (Federation International de Natation) Worlds Masters Swimming Championships held at Stanford and Alameda. This year the FINA meet was held in Goteborg, Sweden. Since my dad was born there and some of my cousins live there, last year I made the decision to sign up and go to the meet and combine swimming and socializing. I talked to a few Dolphins and University of San Francisco swimmers encouraging them to go too, because it's more fun with friends, and with four swimmers you have enough for a relay. The negative feedback I heard was that the food is no good and Scandinavia is pretty boring. So my wife Sue and I ended up going to Sweden on our own. The FINA meet is held every two years in different locations. In 2008 it was in Perth, Australia and in 2012 it will be in Riccione, Italy. This year's events included all the normal Olympic pool strokes and distances plus a three-kilometer open water swim in a fresh water lake. To qualify to enter each event one must swim a time for that year that meets the minimum FINA time standard. I qualified for five events in my 80-85 age group so I signed up for all five events and got my money's worth. At the meet there were 7,500 people (age 25 and older) mostly non-English speaking so socializing was not easy. In fact, just getting in the correct heat and lane was a challenge since the Swedes, despite their reputation for proficiency, were not nearly as well organized as the USA was at the

Stanford meet in 2006. The meet was held at two locations in Goteborg, separated by a 40-minute streetcar ride. One facility, the Valhalla pool complex was fabulous. It consisted of an indoor 10-lane 50-meter Olympic standard competition pool, three warm-up/down pools, a 500 sq. ft. hot tub, a sauna ten times the size of the men's Dolphin sauna, a steam sauna and a steam room. It would make any Dolphin drool with envy. The other pool complex at Lundby was outdoor but was not as spacious.

day for five straight days and I was amazed that there were 53 other male swimmers in my age group and of course each one was trying to garner a top ten medal. I was fortunate enough to bring home four medals (three sixth and one third place). I swam all three backstroke events and the 200-meter individual medley. In the men's 50-meter freestyle there were 143 heats! The biggest high of the meet for me was to stand on the podium while a young blond Swedish hottie placed a bronze medal around



With the large number of registered swimmers, men and women swam in the separate pool complexes on alternate days. Because of the isolated locations I never got to see any of the women swimming which was very disappointing. I swam one event each

my neck. The Riccione meet will be held in June 2012. Let's get a group together and enjoy Italian hospitality, warm swims in the Adriatic, and no complaints about the food.

-Bob Danielson

ALCATRAZ

Growing up in 94109 my world was defined by the triangle of Muni Pier, Funston, and

Alcatraz. Many days were spent playing Pepper, Seals & Oaks, and pickup baseball games on Funston Playground, and uniformed baseball games for New Pisa Restaurant. If we weren't playing ball then we'd start the day at Muni Bait Shop at the corner of Polk and Northpoint, where 25 cents of shrimp in a coffee sack

would last a whole day on the pier. Fishing the cove side I did notice the swimmers but didn't think much about them. On the rougher bay side I hoped for a striper as I watched the little Monterey crab boats go by, including one owned by the father of my sister's boyfriend and future husband. The views were as incredible then as they are now. But the smells and sounds were different. The whole neighborhood smelled of Ghiardelli chocolate, and the trains going through the tunnel to Ft. Mason and the Presidio were ringing bells and blowing horns as they parted the crowds.

When it got hot and everyone wanted to go to the beach, Aquatic Park was it. Going to Ocean Beach was a major odyssey, all the way at the end of the 38. So we stayed close, and ignored the signs warning that

the water was polluted; the signs were so old you could hardly read them anyway. On those rare hot days the

entire beach and the grandstand were filled. I remember the huge locker room deep under the Maritime Museum was a scary place with some creepy occupants.

It was a great life being born and raised in this wonderful neighborhood, but one of the best

it didn't matter what the weather was, and it was often bad so there were some rough trips. The passengers rode below deck and on rainy days it smelled of wet wool clothes and there were ladies with clear plastic rain caps and bags of groceries, just like on the Muni but with a different destination. The dock on the lee side of the island was a busy place where there were always guards and sometimes prisoners so we quickly went up to the residences and play yards. The first time I went out there I was scared I wouldn't be allowed to leave.

My friend Duane lived in the residence building right above the dock, and we would sit at his window and watch all the activity below. Convicts would often be there working, unloading the barges that brought food, supplies and water to the island. It was strange to see them, as if they were Russians or some other people we knew nothing about but



things about it was a visit to Alcatraz. When it was an active prison, the children of the staff attended my schools: Sherman Elementary and Marina Jr. High. My best friend was the son of a prison guard and in the normal course of sleepovers I spent many nights there. There was no adventure for young boys better than a trip to "the Rock."

The green and white ferry called the "T-Boat" docked at Fort Mason so the first thrill was getting to go inside the Fort, which unlike the Presidio, was closed to the public. The boat ran on a schedule just like a bus and



N I G H T S

By William Schroeder

were taught to fear; but we were kids and we really didn't think about them all that much. There were places to go explore and play.

Above the residence hall is the large flat play yard. During the day there would be lots of kids and we had bicycle races and pickup baseball games, just like in the City. In fact our play routines were so familiar we never thought about the fact that we were less than 100 yards from some of the most dangerous men in the country, and we didn't even play Cops and Robbers.

South of the play yard there is a bench with a bridge to bridge view and a path down the rocky slope. We were allowed to be there and I thought it was a wondrous place because it had lots of "century" plants, which I believed only bloomed every 100 years but there was always seemed to be one in bloom. I once sat on that bench and watched the fleet

come in. It was quite different from Fleet Week now; America was different too. After WWII and Korea and before Vietnam there was no dissent. We knew without a doubt we were the good guys of the world and I was awestruck and full of pride watching a parade of warships that lasted all day. For a week the piers bristled with masts and guns, and sailors in their Dress Blues roamed North Beach in packs.

Other amusements on the island were the soda fountain, and the two lane bowling alley with human pin-setters (kids who lived on the island), but the best thing was fishing from the dock at night. There was a strong light that shone on the water (I had a vague feeling that was against some Fish and Game regulation-but they weren't coming around to check) and it really attracted fish. At 110 feet deep right off the dock we pulled in fish one after another. They were

mostly 3- to 4-foot leopard and sand sharks, and they fought like crazy. We threw them back, just to catch another, and we stopped when our arms got too tired.

Duane told me that when boats that came too close to the island they would be given one warning shot, and then soon after would be fired on directly. He never learned what happened next. Last Saturday as I rowed the Cecco twenty feet from the aptly named boat "Solitary" moored at that same dock, I remembered those nights and the view from "the bench." I thought about the convicts and what they might have thought when the wind brought the smell of Ghiardelli and Hills Bros coffee., and the sounds of St. Peter and Paul's bells and the music from the Wharf. It must have been extra punishment and made them wonder if they, like Dolphins, could just swim on over.



Swim Commissioner's Report

Gambling on the Weather

Saturday, October 16th saw the final out-of-cove excursion of the season, our annual Joe Bruno Golden Gate swim.

On Friday we went out for a test swim after one of the hottest, clearest, calmest weeks of the year -- so naturally on this day we could barely see two feet in front of our boats, let alone across to the north tower. The test team managed to have a fun swim around the south tower (and looking up, could see the bridge in gorgeous sunlight above the fog!) but Saturday's swim was definitely in the "IF" category. The swim commissioners and boat captain determined that it would be impossible to know until the last minute, so we agreed to confirm our boat rental, plan to go out even if it was foggy, and hope that the fog lifted by the time we needed to get the swimmers into the water.

Lo and behold, on Saturday morning the lights of the bridge were perfectly visible from Marin to SF in the dark before dawn as we all headed for the club. The weather held and the swim was on! We did have to wait for one tanker to come in before we swam (it was named, I kid you not, the Millennium Falcon! It was fun to hear Vessel Traffic calling it out, and we kept waiting to hear Chewbacca come back on channel 14). But this delay meant that the ebb was really coming on for the slower swimmers by the time they got to the Marin side. Thank goodness everyone made it, and all in under an hour, despite a mighty ten-foot wave that followed in the wake of an outgoing Cosco tanker at the very end of the swim, catching the stragglers. From our vantage on the mothership Celebrations on the Bay we

could only stare in horror as John Grunstad in the Landucci and swimmers Emma Perez, Lorna Newlin, and John Ingle were swept toward Lime Rock. A scary sight, but owing to amazing rowing by John and plenty of good luck for our swimmers, nobody was hurt and all came home safely.

It's been a wonderful year in the swim program. We've instituted some new tracking software for the sign-ups and swim results, and it's made a big difference for us in accuracy and in our ability to call up data as we need it. Many thanks to Darcy Wettersten for her great work in setting up the database. And many thanks to all the members for putting up with our learning curve getting it into place! We started the year with three swim commissioners, lost one but gained another: a big welcome to Eric Shupert who is stepping up for the new year to help John Ottersberg and me, Lolly Lewis, who are continuing on for 2011. We had to cancel the Alcatraz swim this year, but replaced it with a fun in-and-out that, given the crazy weather on that day, was as strenuous as we could have wanted. We tried out a new swim, the Coughlin Carnival Untimed Swim, which we know we'll schedule again in years to come. And the tides came in and the tides went out and many beautiful sunrises and sunsets graced our cove.

Right now the 100-mile swim has a week to go but by the time you read this we'll be getting ready to mark our squares again for the Polar Bear. Seems like it all goes by so fast! Thanks to all for a terrific year, and let's have lots of great fun in the water in 2011.

-Lolly Lewis

DOLPHIN LOG SWIM STATISTICS

Alcatraz that wasn't! August 28, 2010			24 Beth Stein	47:56	Irving, Liz Kantor, Xavier Lanier, Mary Magocsy, Flicka McGurrin, Charlie McIntyre, Sunny McKee, Jim O'Connor, Hal Offen, John Ottersberg, Emily Roth, Anne Sasaki, Bill Schroeder, Larry Scroggins, Robert Weil, Elizabeth Zamos, Dave Zovickian TEST TEAM: Jay Adams, Thomas Callinan, Marge & Casey Callinan, Chris Chorak, Reuben Hechanova, John Ingle, Margaret Keenan, Lolly Lewis, Piper Murakami, Hal Offen, John Ottersberg, Racheal Perry, Mike Robinson, Diane Walton, Dave Zovickian HELPERS: Bridget Ahern, Susan Allen,	Alex Buehlmann, Mary Cantini-Norkin, Andrew Cassidy, Daniel Considine, Suzie Dods, Joe Gannon, Suzanne Heim-Bowen, Brian Herrick, Margaret Keenan, Tracie Klein, Athena Kyle, Charles Lakamp, Susan Lauritzen, Joy Meier, Laura Merkl, Piper Murakami, Scott Nadig, Pete Neubauer, Hal Offen, Racheal Perry, Daragh Powers, Tony Reveaux, Mike Robinson, Robin Rome, Polly Rose, Eric Shupert, Mike Silva, King Sip, Carrie Sloan, Nick Strelchuk, Peter van der Sterre, Liz Van Houten, Paul Vanhoven, Diane Walton, Ben Zovickian, Noah Zovickian
1	Suzanne Heim-Bowen	30:00	25 Bob Blum	48:26		
2	Greg Kearney	33:20	26 Morgan Kulla	49:16		
3	Mike Silva	33:30	27 Gerard Navarro	49:40		
4	Laura Burtch	34:06	28 Noah Zovickian	49:48		
5	John Selmer	36:14	29 Ken Coren	50:42		
6	Duke Dahlin	37:00	30 NancyHornor	52:30		
7	Mickey Lavelle	37:56	31 Pete Neubauer	52:54		
8	Paul Vanhoven	37:58	32 Joanne Carr	53:18		
9	Brian Herrick	38:26	33 Stephen Stout	53:26		
10	Joel Bleskacek	39:28	34 Jamie Robinson	53:50		
11	Eric Larson	40:26	35 John Hornor	54:33		
12	John Nogue	41:32	36 Kent Myers	55:35		
13	Jason Prodoehl	42:02	37 Keith Howell	58:05		
14	Ian MacLean	42:28	38 Cheryl Wallace	58:17		
15	Melissa King	42:46	39 Will Powning	59:27		
16	Andy Stone	45:12	40 Joe Gannon	1:06:07		
17	Margaret Keenan	45:56	PILOTS: Lindsay Anderson, Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, Paul Brady, Thomas Callinan, Michael Chase, Barry Christian, Rich Cooper, Gary Ehrsam, Ken Frank, Don Harrison, Reuben Hechanova, Paul			
18	Kim Chambers	46:18				
19	Kate Coleman	46:22				
20	Neal Powers	46:40				
21	Charles Lakamp	47:00				
22	Jay Adams	47:36				
23	Rick Avery	47:46				

Escape From Alcatraz Triathlon - October 2, 2010

PL	NAME	SWIM	BIKE	RUN	TOTAL
1	Lanz, Joel	49:54	49:06	2:02:35	3:41:35
2	Deasy, Michelle	36:13	49:32	2:45:17	4:11:02
3	McFadden, Sean	43:22	47:15	2:40:27	4:11:04
4	Pohlmann, Brent	50:18	46:51	2:36:53	4:14:02
5	Lillios, Tony	43:06	53:19	2:51:09	4:27:34
6	Considine, Daniel	43:25	55:30	3:01:05	4:40:00
7	Ottersberg, John	36:26	57:31	3:14:56	4:48:53
8	Pineda, Carlos	62:54	66:59	2:48:18	4:58:11
9	Power, Conor	47:23	55:38	3:22:59	5:06:00
10	Navarro, Gerard	63:38	91:29	2:33:06	5:08:13
11	Avery, Rick	59:10	91:04	3:20:23	5:20:37
12	Calder, Allan			3:34:41	5:21:50
13	DuComb, Anthony	86:26	92:30	2:57:24	5:26:20
14	Molnar, Peter	53:51	58:40	3:33:52	5:26:23
15	Tilley, Rebecca	55:17	96:41	3:28:27	5:30:25
16	McKee, Mark	62:19	97:39	3:20:27	5:30:25
17	Keenan, Margaret	53:10	70:43	3:31:07	5:35:00
18	Hornor, John	66:35	67:29	3:22:10	5:36:14
19	Knox, Julie	69:19	74:04	3:17:12	5:40:35
20	Hulihan, Jim	49:51	81:32	3:35:29	5:46:52
21	Burke, Erik	62:32	96:59	3:08:26	5:47:57
22	Offen, Hal	68:02	66:19	3:34:13	5:48:34
23	Perry, Racheal	53:49	72:39	3:44:24	5:50:52
24	Delneo, Cathy	45:32	72:32	3:54:21	5:52:25
25	Braconi, William	77:51	68:13	3:26:23	5:52:27
26	Russell, Jeff	74:25	64:20	3:34:35	5:53:20
27	Mattox, John	60:35	70:00	3:47:03	5:57:38
28	Nakamura, Jon	50:55	66:42	4:02:18	5:59:55
29	Linthicum, Tom	54:21	66:16	4:00:31	6:01:08
30	Field, Andy	67:11	71:55	3:42:17	6:01:23
31	Vanhoven, Paul	44:54	73:17	4:05:29	6:03:40
32	Chambers, Kim	58:29	71:14	3:54:47	6:04:30
33	Frediani, Paul	62:17	78:26	4:12:42	6:23:25
34	Silva, Mike	38:53	78:36	4:40:51	6:28:20
35	Callinan, Tom	69:42	61:25	4:17:23	6:28:30
36	Shupert, Eric	1:45:26	86:05	3:26:55	6:38:26
37	Rus, Gina	55:26	70:08	4:34:49	6:40:23
38	Ramirez, Carlos	67:17	83:07	4:18:03	6:48:27
39	Nowell, Keith	66:16	84:23	4:43:03	7:13:42
40	Needham, Dan	58:17	92:26	4:44:51	7:15:34
41	Hiser, Miriam	66:50	82:57	4:45:47	7:15:34
42	Yee, James	88:11	85:51	4:26:48	7:20:50
43	Buehlmann, Alex	61:12	74:06	5:07	7:22:27
44	Webb, Mike	61:20	88:55	4:56:50	7:27:05
45	Taylor, Phil				~8:30



Tom Callinan (22nd Escape) and Kimberly Chambers (1st Escape) celebrate at the finish line

	SWIM	BIKE	RUN	TOTAL
Fotherby, Tony		DNF		
MacLean, Ian	57:25	DNF	DNF	DNF
Takahashi, Nobu	1:11:25	DNF	DNF	DNF
Bailey, Kathy	1:29:52	DNF	DNF	DNF
Wilhelm, Tom	1:30:15			
Rome, Robin	1:40:00	NR	MV-MB-MV	
Cantini, Mary	1:51:46	DNF	DNF	
Robinson, Jamie	1:21:34	1:44:50	DNF	DNF

RELAY TEAMS

1	Volante Canard	1:05:48	52:00	3:08:06	5:05:54
	Steve Anderson, Joan Francis, Harold Cranston				
2	Bonnie & Clyde	46:53	2:18:56	3:04:51	6:10:40
	Bonnie Brown, Jeff Brown, Clyde Barrow				
3	Fish And Chicks	1:26:45	1:36:55	3:50:27	6:54:07
	Janice McCall, Vinay Yadappanavar, Meduri, Gretchen Coffman				
4	Suzie Dods	1:04:55	47:14	5:42:24	7:34:33
	Suzie Dods and Vincent Huang				



Timing is everything in the Escape Triathlon
Nancy Horner, Polly Rose, Janice Wood, Susan Lauritzen

Volunteers

Dan Osborne	Kristen Steck	Mary Cantini
Edith Tobin	Walton	Rebecca Tilley
Jason Prodehl	Keith Weaver	Ruben Hechanova
Mimi Osborne	Margaret Curtis	Kjersten Walker
Doug James	Rob Schroder	Cynthia
Tony Reveaux	Lolly Lewis	Marchesani
Gail Hutchins	Dave Zovickian	Christopher Bruno
Kate Coleman	Polly Rose	Michael Robinson
Don Harrison	Jackie McEvoy	Mike McElligott
Pavla Pokaska	John Selmer	Nancy Cutler
Mike Weiner	Elizabeth Tippin	Duke Dahlin
Tom Hofmann	Gary Ehrsam	Jane Mermelstein
Nancy Horner	Anne Sasaki	Susan Lauritzen
Laura Atkins	Will Powning	Laura Zovickian
Megan Sullivan	John Ingle	Ben Zovickian
Bob Blum	Fran Collier	Noah Zovickian
Matt Towers	Jeff Russell	Mike Fonseca
Janice Wood	Ken Coren	Mary Magosy
Monica Towers	Will Powning	Paul Brady
Stacey Camillo	Stephanie D.	Mickey Lavelle
Kathy Hutton	John Blackman	Pete Neubaue
Joe Gannon	Linda Nowell	Mark McKee
Ken Frank	Bob Weill	Barry Christian
Lisa Adrian	Bob Danielson	Alison Saylor
Kathy Bailey	J.D. Durst	Vincent Huang
Linda Thomas	Liz Kantor	Tandy Soloman
Sunny McKee	Barbara Byrnes	
Carrie Sloan	Anthony DuComb	

DOLPHIN LOG SWIM STATISTICS

Joe Bruno Golden Gate Bridge Swim OCTOBER 16, 2010

1	Laura Burtch	23:46
2	Mike Silva	23:56
3	John Selmer	24:55
4	Paul Vanhoven	25:39
5	Mickey Lavelle	26:20
6	John Stassen	27:34
7	John Nogue	28:09
8	Brian Herrick	29:12
9	Beth Stein	29:40
10	Jason Prodoehl	30:24
11	Luke Donovan	30:30
12	Daniel Madero	30:38
13	Julian Sapirstein	31:15
14	Rick Avery	31:42
15	Margaret Keenan	32:01
16	Bob Blum	32:09
17	Bill Burke	32:15
18	Ian MacLean	32:19
19	Tom Davis	32:22
20	Charles Lakamp	32:54
21	Kate Coleman	32:56
22	Gerard Navarro	33:13
23	Racheal Perry	33:20
24	Jay Adams	33:33
25	Neal Powers	33:44
26	Dean Badessa	33:54
27	Nancy Hornor	34:48
27	John Hornor	34:48
28	Jamie Robinson	35:48
29	Keith Nelson	36:06
30	Jackie Merovich	37:30
31	Dawn Holley	40:33
32	Keith Howell	41:15
33	Cheryl Wallace	42:09
34	Joe Gannon	44:50
35	Mark Lubiszewski	45:07
35	Robin Rome	45:07
36	Hal Offen	45:24
37	Ken Coren	45:30
38	Pete Neubauer	45:36
39	Will Powning	47:26
40	Anne Sasaki	48:00
41	Emma Huckabay	50:45
41	Lorna Newlin	50:45
42	John Ingle	52:30
43	Janice Wood	56:25
44	Kent Myers	57:00
45	King Sip	57:45

PILOTS: Lisa Adrian, Lindsay Anderson, Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, John Blackman, Thomas Callinan, Kim Chambers, Michael Chase, Barry Christian, Rich Cooper, Duke Dahlin, Edward de Cossio, J.D. Durst, Gary Ehrsam, John Grunstad, Don Harrison, Reuben Hechanova, Paul Irving, Athena Kyle, Bob Mackey, Mary Magocsy, Sunny McKee, Jim O'Connor, Daniel Osborne, John Ottersberg, Pete Perez, Bill Schroeder, Lyrinda Snyderman, Omer Thompson, Diane Walton, Robert Weil

HELPERS: Susan Allen, Pete Bianucci, Kim Chambers, Nancy Cutler, John

Davis, Stuart Etzler, Sam Ferguson, Nancy Friedman, Joe Gannon, Sue Garfield, Dierdre Golani, Pat Howard, Doug James, Margaret Keenan, Lolly Lewis, Jackie McEvoy, Laura Merkl, Pete Neubauer, Hal Offen, Mimi Osborne, John Ottersberg, Pete Perez, Pavla Podolska, Neal Powers, Daragh Powers, Polly Rose, Eric Shupert, Nick Strelchuk, Rick Strelchuk, Nobu Takahashi, Peter van der Sterre, Elizabeth Zamos

TEST TEAM: Jon Bielinski, Kim Chambers, Nancy Cutler, Reuben Hechanova, Lolly Lewis, John Ottersberg, Polly Rose, Diane Walton

Dolphin-South End Triathlon OCTOBER 23, 2010

Point Total 487 (SE) to 328 (DC)

ROW RESULTS

BARGE
Dolphin Club/Weiland - 11:00
South End/Hurley - 11:14

SHELL DOUBLES
Joe Boone / Karsten Self (SE) - 23:22
Jen Greene / Kim Pross (SE) - 25:16
Diana Harrington / Jenny
Votava (DC) - 31:53

SHELL SINGLES
Daniel Marshall (SE) - 24:44
Jeff Woodhead (SE) - 24:45
James Dilworth (DC) - 28:16
Nancy Sorrell (SE) - 28:40

VIKING DOUBLES
Neal Mueller / Justin Huskamp (SE) - 25:00
Mark Robinson / Josh ? (DC) - 27:25
Allan Calder / Jerry Purmal (SE) - 27:38
Ken Coren / Lisa ? (DC) - 37:45

VIKING SINGLES
Tom McInerney (SE) - 27:59
Reuben Hechanova (DC) - 32:07

HEAVY DOUBLES
Will Newby / Patrick Allen (SE) - 28:38
Pete Mulvihill / Kevin Ryan (SE) - 29:01
Jim Frew / John Blackman (DC) - 32:30
Kellen Brenner / Kurt Ribak (SE) - 34:55

HEAVY SINGLES
Jon Bielinski (DC) - 33:32
Marcus Auerbach (DC) - 33:57
Patrick McBride (SE) - 36:52
Tom Wilhelm (SE) - 37:31
Bill Schroeder (DC) - 42:39
Merrin Morse (SE) - 43:08
J.D. Durst (DC) - 43:26

SWIM RESULTS

1	DC	Suzanne Heim	26:09
2	SE	Jim Sweeny	26:12
3	DC	Michael Chase	26:22
4	SE	Joel Wilson	26:49
5	SE	Darrin Connolly	27:24
6	DC	Adam Engelskirchen	27:30
7	SE	John Walker	27:59
8	DC	Keith Benson	28:04
9	SE	Jonathan Paul	28:11
10	DC	John Renko	28:15

11	SE	Craig Marble	28:22
12	SE	Joel Schwartz	28:30
13	DC	John Ottersberg	29:37
14	SE	Larry Reed	28:40
15	SE	Karen Rogers	28:42
16	SE	Jeff Gunderson	28:50
17	SE	Randy Brown	28:51
18	DC	Stephen Schantz	28:53
19	SE	Michelle Deasy	28:54
20	DC	Ross Brown	28:55
21	DC	Mike Silva	28:56
22	SE	John Borden	29:00
23	DC	David Rich	29:36
24	DC	Laura Zovicician	29:40
25	SE	Marta Bechoeffer	30:00
26	SE	Andrew Burrell	30:24
27	SE	Cathy Delneo	30:32
28	SE	Jordan Wood	30:35
29	SE	Eric Schleelein	30:42
30	DC	Paul Vanhoven	30:46
31	SE	Doug Bogue	30:59
32	SE	John Hathaway	31:07
33	SE	Hendrik Meerman	31:09
34	SE	Tony Lillios	31:17
35	DC	Connor Power	31:38
36	DC	Mick Lavelle	31:47
37	DC	Brian Herrick	31:54
38	DC	Daniel Considen	32:00
39	DC	Anders Knox	32:04
40	SE	Anne Dunn	32:09
41	DC	John Nogue	32:15
42	SE	Barry McGuire	32:19
43	SE	Bonnie Brown	32:29
44	SE	David Ritter	32:59
45	SE	Dan Nadener	32:44
46	SE	Mark Stone	32:47
47	SE	John Borden	32:58
48	SE	Jessica Toubol	33:00
49	SE	James McLoughlin	33:19
50	DC	Beth Stein	33:29
51	DC	Terry Horn	33:44
52	DC	Luke Dunavan	33:52
53	SE	Jim Labrenz	34:06
54	SE	Paul Weiss	34:11
55	SE	Dan Needham	34:12
56	SE	Jimmy Walters	34:15
57	DC	Joseph Omran	34:22
58	SE	Jim Cooney	34:27
59	SE	Jennifer Valosek	34:33
60	SE	Dianna Shuster	34:40
61	SE	Jon Paul Reichmuth	34:41
62	DC	Margaret Keenan	
63	DC	Lindsan Anderson	
64	SE	Allan Calder	
65	SE	Paul Springer	
66	DC	Andrew Cassidy	
67	DC	Nancy Cutler	35:03
68	SE	Shane Michael	
69	DC	Kim Chambers	
70	SE	Sarah Mehl	35:11
71	DC	Pete Axelrod	
72	DC	Suzie Dods	35:19
73	DC	Jay Adams	35:23
74	SE	Sarah Levin	
75	SE	Jenny Hoffman	35:39
76	SE	Ben Green	35:57
77	SE	Mike Laramie	36:04
78	DC	Roxanne Phifer	36:01

DOLPHIN LOG SWIM STATISTICS

79 SE	Joseph Gebany	
80 SE	Tom Paoli	36:25
81 SE	Laurel Condro	
82 DC	Bob Blum	36:33
83 SE	Andy Field	
84 SE	Anna Sojourner	36:47
85 SE	Andy Mattingly	
86 SE	Caleb Lawson	36:51
87 SE	Steve Cuitanovic	37:00
88 DC	Peter Perez	37:00
89 SE	Susan Parker	37:26
90 SE	Chris Blakeslee	37:31
91 DC	Peter Vanderstere	37:34
92 SE	Bill Wygant	
93 DC	Dean Badessa	37:39
94 SE	Chas deFerrari	37:45
95 SE	Kat Filey-Brown	37:48
96 SE	Zina Deretsky	37:45
97 SE	Pete Mulvihill	38:05
98 SE	Joe Bracco	
99 SE	Allen Luong	
100 SE	Denise Lillian	38:11
SE	John Finnegan	41:40
SE	Phil Taylor	41:40



John Ottersberg, Eric Shupert, Lolly Lewis
2010 Swim Commisioners

RUN RESULTS

1 Joel Lanz	39:56 SE
2 Nobu Takahasha	40:34 DC
3 Jim Grant	41:36 SE
4 Ian MacLean	44:30 DC
5 Tom Wilhelm	44:46 SE
6 Andrew Munday	45:04 SE
7 Kevin So	46:50 DC
8 Tom McNerny	47:43 SE
9 Tony Lillios	47:53 SE
10 Griff Behncke	48:28 SE
11 Daniel Considine	48:33 DC
12 Matt Bracco	48:41 SE
13 Andy Schwab	49:48 DC
14 Luke Donavan	50:33 DC
15 Carlos Pinea	51:01 SE
16 no name	51:04 DC
17 Josh Davis	51:29 DC
18 Bingo McKenzie	51:41 DC
19 Marlin Gilbert	51:52 DC
20 Anthony DeComb	52:00 DC
21 Andy Mattingly	52:09 SE
22 Rick Avery	52:20 DC
23 Kellen Brenner	52:39 SE
23 James Robinson	52:39 DC
25 Charles LaKamp	53:00 DC
26 John Ottersberg	53:33 DC
27 Julie Knox	53:56 DC
28 Conor Power	54:13 DC
29 Michelle Deasy	54:14 SE
30 Walker Wright	54:37 SE
31 Ben Green	54:45 SE
32 John Dedonatis	54:54 DC
33 George Morris	56:04 DC
34 Roger Hansen	57:30 DC
35 Kirsten Rasmussen	58:41 DC
36 David Rich	58:53 DC
37 Anders Knox	58:56 DC
38 Micheal Chase	59:00 DC
39 Pete Mulvihill	59:33 SE
40 Darren Palm	59:52 DC
41 John Dugan	60:09 DC

42 Jessica Toubol	60:17 SE
43 Patrick Allou	60:37 SE
44 Doug Bogue	60:45 SE
45 Allan Calder	61:24 SE
46 Beth Stein	61:51 DC
47 Stephanie Duhau	62:02 SE
48 Tim Kelly	63:38 SE
49 Laurel Condro	63:50 SE
50 Jimmy Walter	64:09 SE
51 Jon Amduz	64:31 DC
52 Miriam Hiser	64:46 SE
53 Michael McPartlan	64:48SE
54 Peter Votava	64:53 DC
55 Naphtali Offew	64:57 DC
56 Kim Chambers	64:59 DC
57 Jeff Brown	65:03 SE
58 Paul Vanhoven	65:31 DC
59 Roxane Phifer	65:49 DC
60 Allen Luong	65:57 SE
61 Cathy Delneo	66:00 SE
62 Don Honigman	66:10 SE
63 John Grunstad	66:19 DC
64 Hendrik Meerman	66:28 SE
65 Lawrence Reed	66:31 SE
66 John Paul Reichmuth II	66:36 SE
67 Andrew Burrell	67:09 SE
68 Rachel Perry	67:19 DC
69 John Hornor	67:29 DC
70 Martin Zeleouk	67:45 DC
71 Brenda Austin	68:26 SE
72 Dan Needham	68:49 SE
73 Gary Aguiar	69:15 SE
74 Christine King	69:34 SE
75 Ross Browae	69:42 DC
76 Jonathon Paul	70:26 SE
77 Phil Taylor	71:16 SE
78 Ann Dunn	71:37 SE
79 Paul DeAngelis	72:01 SE
80 Jennifer Votawa	72:47 DC
81 Alison Saylor	73:12 SE
82 Andy Stone	73:42 DC

83 Bryce Goeking	73:43 SE
84 Peter Neurauer	73:43 DC
85 John Renko	73:44 DC
86 Kim Pross	73:45 SE
87 Peter Perez	73:46 DC
88 Mike Laramie	73:47 SE
89 Mike Silva	73:47 DC
90 Will Powning	74:51 DC
91 Kathy Bailey	74:00 SE
92 William Newby	74:59 SE
93 Chris Trotta	75:47 SE
94 Bill Booth	75:54 SE
95 Lindsay Anderson	75:58 DC
96 Kirstin Hutchins	76: 14 SE
97 Joseple Gabany	76:38 SE
98 Brian Herrick	76:45 DC
99 Vanessa Marlin	76:46 SE
100 Margaret Keenan	76:49 DC
Last point earned!	
101 Mark Stone	76:50 SE
102 Molly Graham	76:51 SE
103 Marie Chung	76:52 SE
104 Mary Lee Burke	77:00 SE
105 Catherine Howard	79:08 SE
106 Kris Handwerk	79:20 SE
107 Jackie McEvoy	80:24 DC
108 Don Dosal	80:32 SE
109 Robin Rome	80:35 DC
110 Barry Christian	80:57 DC
111 Sheri Michale	81:05 SE
112 Paddy Peyton	81:25 SE
113 Kirsten Steck	81:38 DC
114 Diane Walton	82:23 DC
115 Erin Osibe	83:15 DC
116 Cy Lo	83:23 SE
117 Suzie Dods	83:54 SE
118 Pat Cunneen	84:30 SE
119 David Gruber	88:53 SE
120 Lisa Adrian	90:35 DC
121 Janic Wood DC	
122 Kjersten Walker	97:00 DC
123 Elizabeth Zamos	99:38 DC

SWIM STATISTICS

100 Mile Swim JUNE 1-OCT 31, 2010

Pete Perez	211.5	John Renko	100.5
Joe Omran	195	Scott Anderson	100
Larry Scroggins	151.5	Bill Burke	100
Luke Donavan	150	Laura Burtch-Zovickian	100
Kim Chambers	138	Vincent Cantero	100
Mike Robinson	118	Joanne Carr	100
Peter Conidi	114.5	Nancy Cutler	100
Alex Buchlmann	111	Kathleen Duffy	100
Jim O'Connor	110	Rory Enke	100
John Ingle	108	Butch Haze	100
Mike Silva	104	John Ottersberg	100
Daniel Madero	102	Jason Prodoehl	100
Dean Badessa	101	King Sip	100
Lolly Lewis	101	John Stassen	100
Mark Robinson	101	Nobu Takahashi	100
Andy Stone	101		



photo by Megan Sullivan

Walt Schneebelli, Laura Atkins

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ROWING REPORT

Head of the Charles Update:

The Head Of The Charles Regatta is the world's largest two-day rowing event. It was first held on October 16, 1965. "Head" races are a class of regattas that are generally three miles long (or 5k) and boats race against each other and the clock, starting sequentially approximately fifteen seconds apart. This year, more than 8,000 athletes from around the world competed in 55 different race events. For the first time I believe in our Club's history, the Dolphin Club was represented by 3 rowers at the Head of the Charles: Men's Championship/Open single Mike Perry 3rd place (out of 22 boats) Time: 18:52 Womens' Master Single: 30-39 age category Anne Hiniker 6th place (out of 33 boats) Time: 22:57 Mens' Sr. Master Single: 40-49 age category Joe Abrams 22nd place (out of 44 boats) Time: 20:47 A few years before Mike Perry joined the Dolphin Club in 2009, Mike was a member of the US National Rowing Team and rowed in the 3 seat of the US Mens Quad. Mike has competed at an elite level in his single scull as well for many years at the Head of the Charles. Last year Mike finished 6th in a field filled with Olympians. This year, Mike's Summer and Fall training regimen on Lake Merced and on the erg at home really paid off. He was able to move up to 3rd place this year, missing out on 2nd place by only 2 secs to former German Olympic single sculler Marcel Hacker - rowing for Germany's National team. Annie Hinicker (Mike's wife) also joined the Dolphin Club in 2009 and has been out on the Lake training right alongside her husband. Annie was seeded 8th going in, but her 6th place performance at her very first Head of the Charles in the Women's Club Single event exceeded all expectations and should automatically pre-qualify her for next year's event. Joe Abrams competed in the 40-49 year old Master's Men's Single event and was pleased to finish within the top 10% of the winning time. This was Joe's first time racing a single scull at the Head of the Charles and unlike Mike and Annie, Joe started way back in the pack (42nd place) based on a random lottery assignment. Joe worked his way up to 22nd place over the 3 mile course passing numerous other competitors. All three represented the Dolphin Club proudly and look forward to returning next year to improve on this year's results. You can find great photos of our 3 rowers at the Head of the Charles at www.sportgraphics.com. Wine Country Regatta (5k), Petaluma, CA October 3rd Joe Abrams, 2nd Place. Adjusted Time: 22:35 Head of the American (5k), Lake Natoma, CA October 20th Joe Abrams, 5th Place. Raw time: 20:47 (Fastest Masters 1x time)

-Racheal Perry

PRESIDENT'S REPORT

Ken Coren

A Great Thing Going On

Shortly before becoming president of our singular organization I received a number of warnings: I was about to take on a thankless task; Dolphins eat their young, their old, and anyone else who gets involved; From here on out, it will all be my fault.

Fortunately, none of these awfuls came to pass. Even more fortunately, I got another piece of advice that has held me firm while at the helm: "Many people will come to you with good ideas for the Club. Of course, you will be gracious and thankful, but you ought to consider pursuing only the Great Ideas."

Politically, I have always considered myself a pragmatic anarchist. I have lived long enough to have accepted the inevitable existence of governments, corporations and institutions, but I have tempered this acceptance with a vital need to understand the inner workings and particular natures of these preternatural beings: that is how I have kept myself and others from being ground down by their relentless churnings.

Tolstoy wrote "One of the first conditions of happiness is that the link between Man and Nature shall not be broken." The direct simplicity of what we do at the Dolphin Club, and the joy that is generated, provides daily proof of the accuracy of his observation. During my time as president of the Club, my philosophy has been to maintain the stability and continuity of the Club and our activities. In short, I have been careful to keep a course that has kept any change of use, function or tradition gradual and minimal.

The goal has been preservation through conservation of what is essential to the Club while avoiding the stagnation that all too often accompanies conservatism. One example of a practical application of this view was our decision not to replace the grand wooden oars of the Wieland with springier, lighter, faster carbon-fiber oars. This relatively simple matter

involved more thought and consideration of consequences than one might imagine. In the end, our crew works a bit harder rowing our 1887 flagship the way she was built to be rowed, and is still able to regularly beat their sister craft outfitted with high-tech oars.

There has and will continue to be consistent pressure to dive into the mosh-pit of money that exists at our doorstep. Decades ago we opted not to commercialize our Escape from Alcatraz Triathlon. We are repeatedly

asked to sponsor an Open Bay Swim for hundreds of wet suiters, or to rent out our building for weddings, parties and other occasions of major significance to folks outside the Club. With some effort, we could do all of these things and fill our coffers. But that is not why we are here, and it is not what has kept our Club the Great Thing that it is. We have the money needed to keep this Great Thing going thanks to the balance we keep between our basic activities, our reasonable dues and the generosity of our membership when the need arises. Keeping a sharp eye out for only the Great that is lurking within the sea of Good has not led to stagnation or loss of meaningful opportunity. Our membership is at record levels, our budgets make sense, our cash reserves are ample and our building is sound and green. We have a new dock, a refurbished women's locker

room and galley, and our beautiful fleet is well maintained and seaworthy, with three new outstanding wooden boats already added in the first decade of this century.

Yet, somewhat paradoxically, innovation is a vital component in the preservation of what is worthwhile, and needs to be sought out, encouraged and welcomed. Our wonderful Club is organized to give us a chance to restore ourselves, to build ourselves and to revel in nature. We need to take care to let it continue unimpeded by the lure of unexamined innovation, because innovation as an end is futile when you've got a Great Thing driven by 133 years of momentum.

Folks walk into our Club, stop to take it all in and invariably say: "This is truly San Francisco!" Yep, we got a Great Thing going.





The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2011 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thur, 8:00 am	New Year's Day Alcatraz	ROWING TRAINING
Feb 12	Sat, 9:30 am	Pier 41	On the these Saturdays
Feb 20	Sun TBD	Old Timer's Lunch	beginning at 9:00 am:
Mar 5	Sat 9:30am	Gashouse Cove	January 22, Saturday
Mar 19	Sat, 9:15 am	Yacht Harbor	February 19, Saturday
Apr 10	Sun, 8:15 am	Pier 39	March 19, Saturday
May 1	Sun, 9:00 am	Dick Beeler Crazy Cove	April 23, Saturday
May 22	Sun 7:00 am	Bay Bridge	May 21, Saturday
Jun 1	Wed	100-Mile Swim Begins	June 18, Saturday
Jun 12	Sun 7:00am	Crissy Field	July 23, Saturday
Jun 25	Sat, 8:15	Over 45 Twilight Gas House Cove	August 20, Saturday
Jul 16	Sat 11:00am	Walt Schneebly Over 60 Cove	September 17, Saturday
Jul 23	Sat, TBD	Trans Tahoe Relay	October 22, Saturday
Jul 30	Sat, TBD	Santa Cruz One Mile	November 19, Saturday
Aug 7	Sun 7:45 am	Joe Bruno Golden Gate	December 17, Saturday
Aug 28	Sun, 8:15 am	Fort Point	
Sep 17	Sat, 8:30 am	Alcatraz	
Oct 1	Sat, 8:30 am	Escape from Alcatraz Triathlon	
Oct 9	Sun 9:00 am	Dolphin/South End Triathlon	
Oct 31	Mon	100-Mile Swim Ends	
Nov 12	Sat 5:00 pm	Pilot Appreciation Dinner	
Nov 24	Thur 8:30 am	Thanksgiving Day Cove	
Nov 25	Fri	Grizzly Bear Challenge	
Dec 18	Sun, 9:00 am	New Year's Day Qualifier	
Dec 18	Sun, 10:30 am	Holiday Brunch Party	
Dec 21	Wed	Polar Bear Swim Begins	
Dec 31	Sat 11:59pm	Grizzly Bear Challenge Ends	

Alcatraz Island
1.4 miles



*All times are approximate & subject to change.
TBD means "to be determined".*

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

Pier 41½
1.2 miles

Pier 43
1 mile